

Arthritis Today

Updates & Tips to Live Your Best Life



Keep your body humming with joint-friendly shoes, a fun green salad recipe and news you can use about biosimilars.

Switching to a Biosimilar?

If your health insurance requires you to switch to a biosimilar, hear experts and patients address common concerns. Sponsored by Boehringer Ingelheim.

[Listen Now →](#)

On the Run With Arthritis

If you love to run, arthritis doesn't have to stop you. Get tips about listening to your body.

[Get Going →](#)

Ultimate Arthritis Shoe Guide

Sandals, flip-flops, sneakers, casual and dress shoes — stay safe and comfortable in style.

[Choose Your Shoes →](#)



Bottom's Up Green Salad

This quick, easy and delicious salad packs a punch with tart cherries and savory pumpkin seeds.

[Get the Recipe →](#)

Finding a Career in Caring

Clare's life took an unexpected turn after being diagnosed with rheumatoid arthritis. See how her volunteer work is paying off.

[Read Her Story →](#)



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Dr. Grip® Pencil by Pilot®

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[Ease of Use®-certified products](#) are tested by people with arthritis and proven to be easy to use by anyone.

Since 1948, the Arthritis Foundation has led the fight to conquer arthritis for nearly 60 million adults and children living with the disease in the U.S. This content is made possible through the [generous support](#) of donors like you.