

Arthritis Today

Updates & Tips to Live Your Best Life



We're thankful for experts who share tips and for partners who advance better care. Check out more ways to live well with arthritis.

16 Morning Stretches

Morning bed stretches could help make your day better. Join a fitness guru with rheumatoid arthritis as she guides you along.

[Watch the Video](#) →

Afraid of Appointments?

It's normal to get nervous when it's time to see your doctor. Understand why and learn ways to relax. Sponsored by AbbVie.

[Listen to Podcast](#) →



Unleash the Joy

Walking your dog should be a pleasure, not a pain. Learn about arthritis-friendly collars, harnesses and leashes to ease strain.

[Explore Options](#) →

From Soldier to Advocate

After years of military service, Krendra faced a career-ending medical discharge, but she found new ways to serve.

[Read Her Story](#) →

Cutting Through the Red Tape

A new report, supported by advocacy partners Amgen and Pfizer, focuses on the burden of pre-authorizations for people with arthritis.

[Read the Report](#) →



Whipped Squash With Honey & Spice

Pre-chopped veggies, a food processor, honey and spices take the ache out of a stand-out dish. Simply delicious.

[Get the Recipe](#) →

Enhancing Arthritis Care

We're partnering with the American Orthopaedic Foot & Ankle Society® to improve arthritis care by supporting diverse providers.

[See How Diversity Helps](#) →

Amplifying Our Impact

This tireless volunteer never shies away from encouraging people with arthritis to connect with our community.

[Meet Christine](#) →



Designed for You

Ezy Dose® Push-Button Pill Organizer

[Check It Out](#) →



[Ease of Use Certified®](#) products and packaging are tested and proven easy to use for people with arthritis.

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.



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