

# Strong Muscles Beat Arthritis

If you have arthritis of the knee, scientists recommend that you strength train, especially the quadriceps (the muscles on the front of your upper leg). The quadriceps stabilize the knee cap and help prevent against the loss of cartilage.

According to a review of 18 studies<sup>1</sup>, strengthening the quadriceps can reduce pain and improve mobility in people with arthritis of the knee. People with knee arthritis often have weak quadriceps. Research suggests that weak muscles around the knee can actually contribute to the development of arthritis.

## Take Home Message

The Leg Extension and Leg Press exercises in the MEDFITNESS Workout strengthen the quadriceps along with other important leg muscles. Completing two MEDFITNESS Workouts per week keeps the muscles in your legs strong and functional – reducing the risk of arthritis.

To experience the MEDFITNESS Workout, schedule a *Free Trial Workout* at [www.medfitness.info](http://www.medfitness.info).

1. University of California, Berkeley, Wellness Letter. Volume 25, Issue 4, January 2009.