

The Exercise Experience in Adults With Arthritis: A Qualitative Approach

Cheryl A. Der Ananian, PhD; Sara Wilcox, PhD; Jill Abbott, MPH, DrPH
JoEllen Vrazel, PhD; Cornelia Ramsey, PhD; Patricia Sharpe, PhD; Teresa Brady, PhD

Objective: To examine perceptions of exercise prior to arthritis, the ways in which arthritis affects exercise behavior, and current exercise behaviors in people with arthritis. **Methods:** Qualitative analyses were used to identify themes in 12 focus groups segmented by exercise status, education, and race. **Results:** Nonexercisers identified arthritis as a factor in exercise cessation. Exercisers described making changes in type, duration, intensity, and ap-

proach to exercise after diagnosis. Exercisers also described participating in a wide range of activities, whereas nonexercisers primarily cited walking. **Conclusions:** Intervention and marketing strategies should focus on different capabilities of exercisers and nonexercisers to modify exercise routines to accommodate arthritis.

Key words: arthritis, rheumatic disease, physical activity, exercise
Am J Health Behav. 2006;30(6):731-744
