

a day” is actually a very potent thing that they will take in to their daily lives, most likely, and to realize that is an effective way to help manage their osteoarthritis in.

I understand for physicians, you have a limited time with your patient, and behavioral change is very challenging. So, recognizing that there’s this group of health professionals that are, I would argue, almost overly trained, called physical therapists, that are excellent, and helping people overcome their challenges that they have in life, and walking is a definite goal.

Walking more, especially for people with osteoarthritis, is definite goal physical therapist had, and so consider referring your patient to see a physical therapist to improve their function and their ability to walk, is certainly a resource that health providers can consider.

ES: I think that’s great. I think any physician who deals with osteoarthritis, even inflammatory arthritis, and doesn’t have a physiotherapist involved, is not really looking at what we now call patient-centric care.

I think we have to make use of allied health professionals and that’s what they’re good at. I mean, I know what I’m good at, and I still go to my physiotherapist, and I’ve been doing this for 35 years. I think I’m pretty good at what I do, but they’re very good at what they do also, so let’s all work together.

Just like my nurse has her own clinic, my physiotherapist has her own clinic, and I think, even more so, to be honest, in osteoarthritis. This condition has a management issue in the broader sense, but on a day to day and the problems come up, you got to get a physiotherapist — I endorse it 100%.

And as editor, we have a physiotherapist on our board, so we really believe in physiotherapists.

So, after a nice pat on the back for each other, I want to ask you, do you have any other final thoughts that I may have missed that you’d like to leave the audience with?

DW: Yeah, I just think that with this opportunity to speak about this editorial, my doctoral student Jason Jakiela, and Esther Waugh, we’ve worked hard to really cull down all the information out there just into a simple recommendation. And we just want people to know that walking 10 minutes a day is a realistic goal for most people with knee osteoarthritis.

I just put out the challenge to people who are trying to manage their osteoarthritis or their arthritis of the knees to try to reach that goal and maybe even go beyond that, especially during this pandemic.

It is critical to try to be as active as possible and you’ll be likely very surprised, and not only that, you’ll feel better.

So that’s all I have to say.

ES: I agree. You know, those endorphins with exercise really do make you feel better. And I just want to tell everybody, I endorse it, not only for osteoarthritis, but for everybody who needs their outdoor exercise, particularly as we’re sitting in the house in the pandemic.

So I really want to thank you for writing the editorial and agreeing to speak with me. And it really is an excellent editorial, really for simple people like me — easy to read, succinct, summarizes everything, I don't have to go to the literature, so I think that's a great idea. And again, it is available as an open access article.

Again, I want to thank you and your co-authors for writing the article and for taking the time to speak to me. To the audience I advise everybody to please read the full editorial entitled, "Walk at Least 10 Minutes a Day for Adults With Knee Osteoarthritis: Recommendation for Minimal Activity During the COVID-19 Pandemic" by Jakiela, Waugh, and White, as well as other special editorials about SARS-CoV-2 infection and COVID-19 and its effects and implications for rheumatologists and rheumatology practice at www.jrheum.org/covid19.

If you have any comments or questions, please message us on Twitter @jrheum or email us at manuscripts@jrheum.com.

And I want to thank everybody for joining us and please continue to follow the guidelines of your regional and national health authorities. Wear a mask as prescribed by your health authorities, and be sure to maintain social distancing in order for all of us to stay safe.

Thank you.



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