



# **Water Exercises for Rheumatoid Arthritis: The Effective Way to Reduce Pain and Inflammation While Increasing Flexibility and Mobility**

*Ann A. Rosenstein*

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Rheumatoid arthritis is an autoimmune disease affecting 2 million people. Symptoms differ from person to person but the most common symptoms of rheumatoid arthritis are inflamed joints, pain, stiffness of the joints, and a feeling of the joints being on fire.

Water Exercises for Rheumatoid Arthritis explains how water exercise helps relieve the pains and restrictions caused by rheumatoid arthritis. The book will explain how exercises, in general, and water exercise, in particular, are excellent ways to maintain flexibility and mobility and reduce the pain and swelling caused by rheumatoid arthritis.

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