

Pedometers increase activity and decrease fatigue in rheumatoid arthritis patients

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Providing pedometers, with and without providing step targets, to individuals with rheumatoid arthritis increased activity levels and decreased fatigue in a recent study.

In control patients who did not receive pedometers, average daily steps declined and there was no significant change in [fatigue](#). The findings are important because fatigue can have a significant impact on quality of life for individuals with rheumatoid arthritis, but effective and feasible treatments are limited.

"Because [rheumatoid arthritis](#) medications have only small effects on fatigue, it's important for patients to have other ways to manage their fatigue," said Dr. Patricia Katz, lead author of the *Arthritis Care & Research* study. "These results suggest that something as simple as increasing physical activity by walking can help."

More information: *Arthritis Care & Research*,
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