

Michael Collins

Major: Physical Therapy
University: University of Missouri-Columbia
Faculty Mentor: Marian Minor
Mentor Department: Physical Therapy
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The effects of an 8-week low-intensity exercise program on people with arthritis

This study analyzes the effects of 8 weeks in the PACE program, a low-intensity exercise program for people with arthritis in the areas of pain, stiffness, function, and physical performance. PACE, which stands for People with Arthritis Can Exercise, is a nationally recognized program developed by the Arthritis Foundation. Two groups were analyzed: 1) an exercise group (n = 75) that participated in the program for 8-weeks, and 2) a control group (n= 74) that did not participate in PACE. Subjects were tested at baseline and following the 8 week period. Outcomes were measured using the Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) and the Physical Performance Test (PPT).