How Dance Therapy Could Ease Your Arthritis Symptoms

by AMY MANLEY

Why Consider Dance Therapy for RA?

When you have rheumatoid arthritis, sometimes simple day-to-day activities can feel like a challenge. Some patients find that getting out of bed each day is enough to make them feel defeated, and the pain that comes along with daily living can make it easy to stay idle.

The issue here is that the less you move around when you have RA, the worse your condition is going to get. In fact, some patients see a huge increase in their RA symptoms when they don't offer their body the stretching and exercise it needs.

Taking part in a daily exercise routine can feel overwhelming when you have RA, but several patients have found that dance therapy offers just what they need to prevent progression of symptoms and keep their health in check. The benefits of dance therapy extend beyond physical fitness, and is known for offering some great mental health benefits that make dealing with your RA symptoms much easier.

What is Dance Therapy for RA?

Dance therapy is a form of dance that allows you to take part in the activity in a way that suits your comfort level. For example, some people take part in a full dance routine, while others can spend time stretching limbs and enjoying the sound of the music that surrounds them. Movement is very important for patients with RA, and when you use dance therapy, you're able to move around and provide your body with the stretching and muscle improvement it needs to prevent progression of RA symptoms.

How Do I Start?

If you decide to use dance therapy for your RA, but are unsure where to start, the process is actually quite simple. The first thing you need to do is decide on the type of therapy you'll use. There's individual and group dance therapy sessions you can choose from.

Individual therapy: One-on-one therapy session with a certified instructor. This form of dance therapy is more focused and offers therapy that focuses on your unique needs.

Group therapy: Group therapy allows you to get together with others for your session. Some prefer this form of dance therapy for its social aspect.

Once you decide on the form of dance therapy for RA that's right for you, you'll want to decide on the activity level that meets your needs. Some people prefer high levels of activity, while others prefer slow stretches while relaxing and listening to the music.

Either way, dance therapy offers both mental and physical benefits that cannot be achieved with any other form of

art or exercise.