Results: Three indications for PT are distinguished, based on the patients’ health status and abilities of self-management: 1) patient education combined with instructions for mainly unsupervised exercise therapy, 2) patient education combined with exercise therapy with short-term supervision and 3) patient education combined with exercise therapy with intensified supervision. Exercise therapy is recommended for indication 2, and conditionally recommended for indication 1 and 3. Patient education consists of information and advice on RA and promotion of self-management. Specific recommendations concerning the frequency, intensity, type and time (FITT) of the exercise therapy are provided, based on studies performed in patients with RA, recommendations from The Dutch Health Council (2017), EULAR recommendation on Physical Activity (2018), and The American College of Sports Medicine guidelines for exercise testing and prescription (2016). Behavioral interventions to promote physical activity in patients with RA are also recommended. The guideline obtains practical advice for applying tailored behavioral interventions.

Conclusion: The indication for PT is divided in: instructions for mainly unsupervised exercise therapy, exercise therapy with short-term supervision and exercise therapy with intensified supervision. Based on scientific evidence and expert consensus on additional considerations among relevant stakeholders, exercise therapy with supervision of a PT is recommended in patients with RA, together with information and advice on promotion of self-management. Specific recommendations on dosage of exercise therapy (FITT) are provided. Behavioral interventions to promote physical activity are also recommended.

REFERENCES

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