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Clinical practice guideline for physical therapists regarding treatment of patients with rheumatoid arthritis

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Clinical Practice Guideline for Physical Therapists Regarding Treatment of Patients With Rheumatoid Arthritis

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Clinical Practice Guideline for Physical Therapists Regarding Treatment of Patients With Rheumatoid Arthritis

Best Practice Recommendations for RA Evaluation

Use **Both** Self-Report and Performance-Based Measures

Evaluate



Pain



Fatigue



Disability



Aerobic Capacity

Classify Patient Into Treatment Profiles Based on Disease Severity and Contextual Factors



All Patients: Short Periods of Education, Advice, Exercise Guidance



Patients With Moderate Complexity: Additional Brief Period of Supervised Exercise



Patients With High Complexity: Additional Period of Intensive Guidance and Supervision

Best Practice Recommendations for RA Interventions



Aerobic Exercise



Supervised Resistance Training



Avoid Using Passive Modalities



Patient Education

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