What Is Gout?

Gout is a form of inflammatory arthritis caused by the buildup of uric acid crystals in the joints. It often causes sudden, severe attacks of pain, redness, and swelling-most commonly in the **big toe**, but it can affect other joints too (ankles, knees, fingers, etc.).



Common Symptoms

- Intense joint pain (often starting at night)
- Swelling and redness
- Warmth in the affected area
- motion Attacks that last a

Limited range of

few days to weeks



🧪 Causes & Triggers

- High levels of uric acid in the blood
- (hyperuricemia)
 - Diet high in: Red meat
 - Shellfish
 - Alcohol (especially beer)
 - Sugary drinks
 - (fructose)
 - Obesity Certain

medications (e.g., diuretics)

- Dehydration
 - Genetics

Diet Tips to Help Manage Gout

Limit or avoid:

- Red meats and organ meats
- Alcohol (especially beer)
 - Sugary drinks

(sodas, fruit juices)

Include more:

- Water (stay hydrated)
- Cherries (some evidence suggests they
- may reduce flare-ups)Low-fat dairy
 - Vegetables
 - Whole grains

Treatment Options

- NSAIDs (ibuprofen, naproxen) for pain and inflammation
- reduce inflammation
- Corticosteroids for severe painAllopurinol or

Colchicine to

- febuxostat to lower uric acid levels (for long-term prevention)
- Lifestyle changes (diet, weight loss,

hydration)

Great choice — exercise can play a big role in **managing gout** and preventing future flare-ups. Below are tailored exercise tips, divided by phase:

During a Gout Flare-Up (Inflamed Joint)

Avoid stressing the affected joint.
Focus on rest and gentle movement only:



- Rest the affected
 joint as much as possible.
 Elevate the limb to
- reduce swelling.
- Gentle range-ofmotion exercises (only if it doesn't hurt).
- Short walks (if joints unaffected).

Noid:

- Weight-bearing on the inflamed joint
- High-impact exercises (running, jumping)
- Resistance training
- involving the affected joint



Once pain and swelling go down, reintroduce movement gradually:



- Low-impact cardio:
 - Walking
 - Swimming
 - Cycling
 - EllipticalStretching/

flexibility work:

- Gentle yoga
- Ankle/knee
 mobility routines
- Strength training

(light weights or bodyweight):

- Chair squats
 - Wall push-ups Resistance
- bands
- Calf raises

Focus Areas:

- Weight loss (if needed): Reduces pressure on joints and lowers uric acid levels.
 - Joint mobility:

Keeps joints healthy between flare-ups.

 Consistency over intensity: Regular movement is more important than hard

workouts.

🜓 Tips to Prevent Flare-Ups With **Exercise**

(flushes out uric acid). Warm up and cool

Stay hydrated

- down properly.
 - Avoid overtraining high stress can increase uric acid levels.
 - Wear good footwear to protect joints.
 - **Exercise regularly:** Aim for 30 minutes of low-

impact movement most

🧘 Best Gout-Friendly Exercise **Types**

days.

Type	CX -	Mores	
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Perfect! Here's a 5-day gout-friendly					

exercise plan designed to improve mobility, joint health, cardiovascular fitness, and strength — while avoiding flare-ups.

Gout-Friendly Weekly Exercise Plan (5 Days a Week)

joint protection, and flare-up prevention

Time: 20–40 minutes per session

Goal: Gentle weight loss (if needed),

Rest Days: Saturday & Sunday

Monday – Mobility + Light Cardio (30 mins)

Focus: Ease into the week, joint mobility and heart health



- 5-min warm-up walk
- 10 min of mobility drills (neck rolls, shoulder rolls, wrist circles, ankle circles, hip openers)
- 15 min walk
 (moderate pace) or 10-min cycling + 5-min
 stretching

Tip: Keep posture upright and avoid walking if your foot or toe joint feels irritated.

Tuesday – Full Body Strength (Bodyweight Only)

Focus: Build joint-supporting muscle safely

- ✓ Routine: (2–3 rounds depending on fitness level)
 - 10 squats to chair or wall sit (30s)
 - 10 wall push-ups or incline push-ups
 - 10 seated knee
 - raises
 10 step-ups (use
 - low step)
 - 30s plank or wall hold
 - 2–5 min cooldown walk
 - Tip: No jumping or

floor exercises; keep all moves controlled.

Wednesday - Cardio + Stretch

Focus: Increase circulation, lower uric acid



20-30 min brisk walk or bike ride (indoors or outdoors)

Follow with 5-10 minutes of stretching (calves, thighs, hips,



Optional: Try swimming if accessible excellent joint-friendly

cardio.

Thursday - Strength + Balance

Focus: Maintain joint integrity and reduce fall risk

3x)



- 10 bodyweight squats
 - 10 seated leg lifts

10 resistance band

- rows (or towel rows)
 - 30s single-leg
- stand (each leg, repeat 2-
 - 10 wall push-ups
 - 5 min cooldown
- stretch

Tip: Use a chair for balance if needed during single-leg work.

Friday – Recovery Flow / Gentle Yoga + Walk

Focus: Recover, relax, and stay limber



15 min gentle yoga (seated or standing stretches: cat-cow, forward folds, side

stretches) 10-15 min easy

walk outside or on a treadmill

Tip: Don't overdo it this is an active recovery day.

Weekly Snapshot Summary

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