



BENEFITS OF STRENGTH TRAINING IN RHEUMATOID ARTHRITIS PATIENTS: A SYSTEMATIC REVIEW

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BACKGROUND

To Analyze the positive impacts of the performance of strength trains in patients with rheumatoid arthritis.

MATERIALS AND METHODS

Research in the "PUBMED" database, using the "strength training" and "rheumatoid arthritis" descriptors, in the "advanced" SEARCH STRATEGY, opting for the "and" connective between the two descriptors. 31 articles have been found after the search. Subsequently, the articles were organized in order of "best match", being selected the first 8 articles.

RESULTS

Patients with rheumatoid arthritis suffer loss of muscle mass, resulting in reduced strength and muscular endurance.

High-intensity strength training has been an effective and well-tolerated method to increase or maintain muscle strength in rheumatoid arthritis patients.

Training methods that required activity against resistance and counterweights in patients with ARTHRITIS RHEUMATOID with varying levels of disease activity and joint damage provided a significant effect that led to improvements in pain and function with additive benefits for patients.

Patients with rheumatoid arthritis, both early and long, improved the characteristics of their body composition profile, reducing fat percentage and increasing muscle mass, using a strength TRAINING protocol.

The SHARIF ET.AL study suggests that strength training may be a good tool for increasing muscle fiber nuclei, decreasing apoptotic nuclei, and inducing fiber hypertrophy in people with RA, being extremely beneficial in patients with rheumatoid arthritis which manifest rheumatoid cachexia, decreasing or totally reversing this condition.

Some studies, such as HAKKINEN ET.AL, have analyzed the increase in strength in patients with rheumatoid arthritis who practiced bodybuilding, in addition to verifying a possible decrease in the bone mineral density of these patients. Resistance strength training resulted in significant improvements in muscle strength of patients without detrimental effects on disease activity. The alterations detected in the Central Bone Mineral Density of the analyzed group were small and statistically insignificant in the practitioners of the training modality in question.

No study reported worse outcomes for disease activity when patients underwent high-intensity strength training.

CONCLUSION

Strength training is very beneficial for PATIENTS WITH RHEUMATOID ARTHRITIS, improving muscle strength, body composition and helping to reduce pain in patients of different ages and at different stages of the disease. CONCOMITANT WITH OTHER METHODS OF TREATMENT. Besides that, it is prudent to

analyze other long-term studies that can check the malecutions and benefits of strength training against resistance in the treatment of patients with rheumatoid arthritis.