HIPRC conducted STRIDE (Study for Rural Innovations in the Delivery of Exercise), which found that remotely delivered EnhanceFitness improved arthritis-related pain and physical performance among rural older adults. EnhanceFitness is a group-based, instructor led exercise program recommended by the CDC for people with arthritis. Visit www.projectenhance.org/ to find an EnhanceFitness program near you.

The PACIFIC Study is now recruiting. The clinical trial is investigating exercise and educational classes to improve pain and movement in older adults with knee arthritis. All classes are held online. Learn about the study at www.hiprc.org/fall-prevention.