

Elist Discussion on Clients with Gout

10-11-12 From Halley:

I am new to Aquatic Therapy and have had a couple of people interested in receiving services who have Gout. Has anyone had a client who has had any form of Gout or Pseudogout? Are there any specific techniques that help or relieve stress for this group of people? I know they should not do any form of physical activity when they are having an episode.

From Donnelson:

I suffer from Gout, and this is the main reason I choose aquatic exercise. On land I have great difficulty putting any weight on an inflamed joint. Even shallow water exercise is difficult. During an acute attack I do no exercise at all; only rest and elevation until the swelling is diminished. I find deep water running or swimming to be the only form of exercise that does not aggravate my condition. Modifying my diet (less protein and no alcohol) and medications to prevent attacks are most beneficial for long term control.

10-12 From Halley:

Thank you for getting back to me Donelson. I will recommend the activities you provided to the individuals who have asked for them.