

# Exercise may offer benefit in adult, juvenile myositis

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(HealthDay)—Exercise may benefit patients with adult and juvenile

myositis, according to research published online Feb. 8 in the *Journal of Internal Medicine*.

Helene Alexanderson, P.T., Ph.D., of the Karolinska Institutet in Stockholm, reviewed the evidence for the safety and efficacy of [exercise](#) in patients with adult and juvenile idiopathic inflammatory myopathies.

Alexanderson identified five [randomized controlled trials](#) of exercise in muscle disease, including a study in adult patients with polymyositis and dermatomyositis, and additional open studies. Growing evidence suggests that exercise may reduce impairment and activity limitation, and improve quality of life, in patients with myositis. In addition, recent studies have shown that exercise reduces both disease activity and the expression of genes that regulate inflammation and fibrosis.

"Larger studies are needed to increase understanding of the effects of exercise in patients with active, recent-onset polymyositis and dermatomyositis as well as in patients with [inclusion body myositis](#) and juvenile dermatomyositis," Alexanderson writes.

**More information:** [Abstract](#)  
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