

# New DVD And Web Site Help Farm Families Cope With Arthritis

**COLUMBIA, MO.**

**F**ree copies of a DVD, "Farming with Arthritis," are now available to help people in the agricultural industry deal with the disease, based on research from the University of Missouri.

The DVD features farm workers demonstrating proper types of movements in completing daily tasks such as building, planting crops and working with farm equipment, said Karen Funkenbusch, director of the MU AgrAbility program.

"This DVD also is a useful tool for physicians and other health-care providers in better understanding the challenges specific to the farming population," she said.

Copies are available by calling 1-877-882-6826 or e-mailing [marrtc@missouri.edu](mailto:marrtc@missouri.edu).

In addition, a new Web site, "Arthritis, Agriculture and You," offers simple solutions to help farm families cope with arthritis. Topics include community services available, health tips, specially designed ergonomic products and updates on research findings. The site can be found at <http://marrtc.missouri.edu/products/Farming-Info.html>.

"Arthritis is one of the most common disabling conditions affecting farmers, ranchers and farm workers due to the physical nature of their work, such as driving a tractor, baling hay, moving stock and other activities," said Funkenbusch.

"There are many simple solutions that can be made and principles adopted to minimize the physical demands of agriculture-related employment in spite of arthritis," she said.     Δ