

Step 8:

Add a straight knee and point your toes towards and away from you.

Exercise can be fun, done in groups as well as in warm water



During the group exercise (on the left) and the gymball exercise (on the cover), the help of a partner improves safety.



Move to Improve

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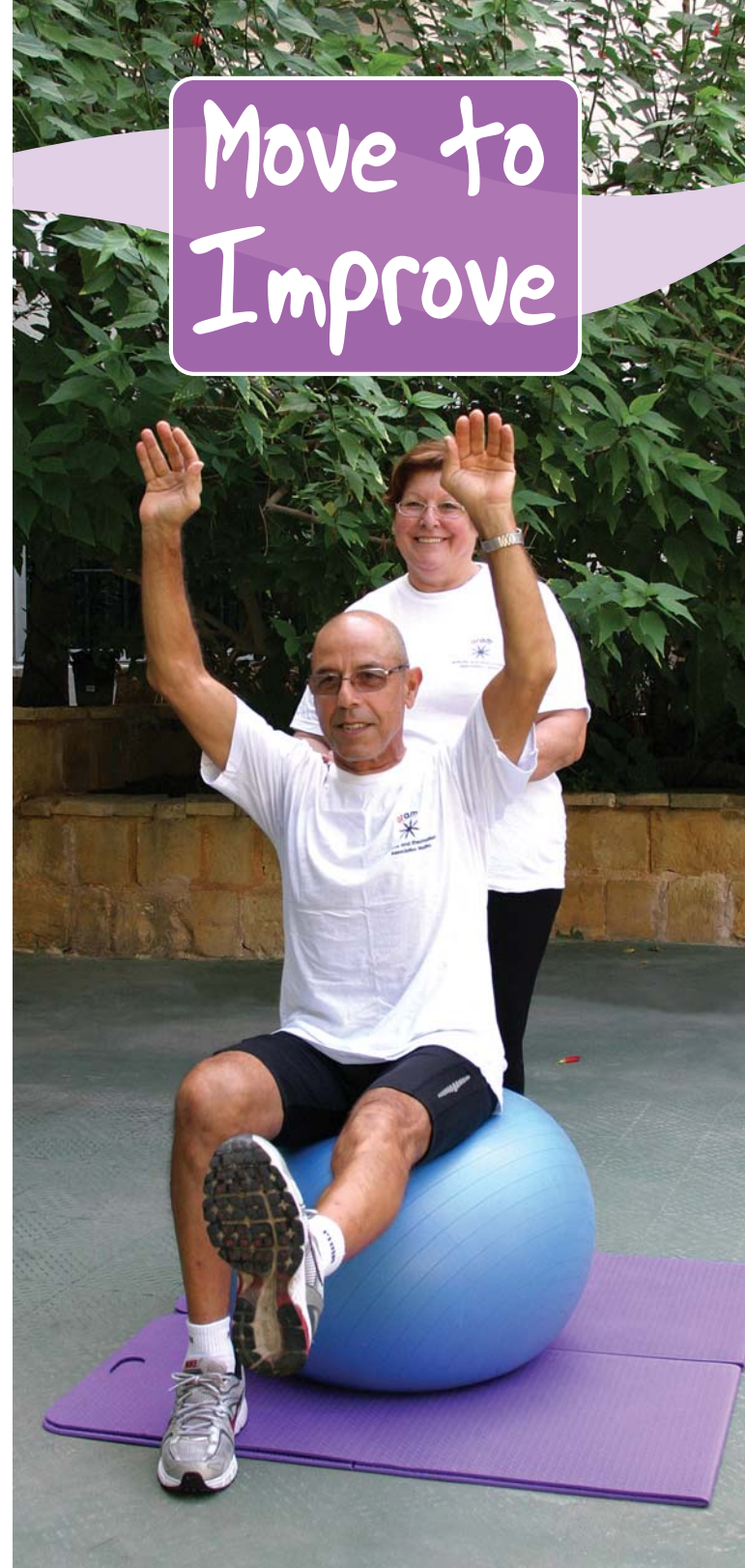
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Ministry for Health, the Elderly and Community Care

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Move to Improve



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Introduction

Exercise helps to reduce arthritis pain and stiffness and improves strength and stamina.

Exercise can:

- Strengthen the muscles around your joints
- Help you maintain bone strength
- Give you more strength and energy to get through the day
- Make it easier to get a good night's sleep
- Help you control your weight
- Make you feel better about yourself and improve your sense of well-being

Talk to your doctor or physiotherapist about what type of exercise would be suitable.

Your exercise routine should consist of a range of mobility exercises, strengthening, cardiovascular and a relaxation routine.

Ensure you are seated or standing comfortably. A back rest or support may be useful.

The following is a gentle mobility exercise sequence.



Step 1:

Open the fingers fully whilst supporting the wrist with the opposite hand on a soft cushion.



Step 2:

Start by curling the finger tips inwards towards the palm of the hand



Step 3:

Gently make a fist and then pull your hand and wrist towards you.



Step 4:

Repeat the hand exercise with straight arms and elbows keeping the shoulders relaxed and by your side.



Step 5:

Start as in the previous exercise by slowly clenching fist, and now gently raise the forearm, bending it at the elbow to bring the hand towards the shoulders.



Step 6:

Bring the fists towards the shoulders as close as you possibly can.



Step 7:

Raise your arms above your head and stretch as far as is comfortable for you!

You can increase the exercise difficulty and help stimulate spinal muscles too, by using a gym ball and even light weights.