



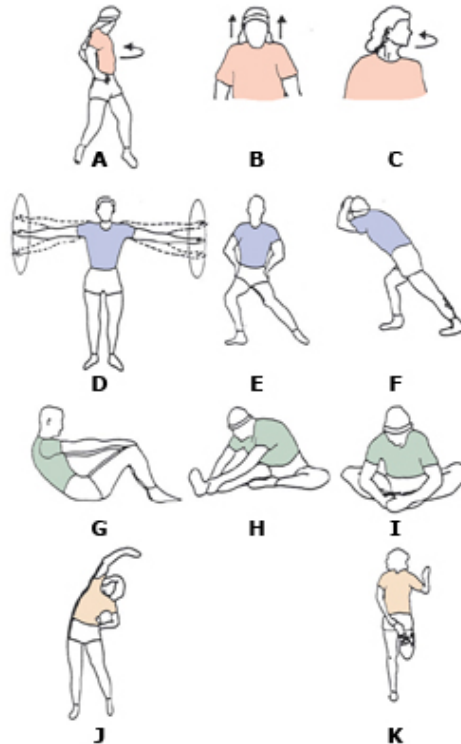
The Importance of Exercise for People with Arthritis

Kevin Hackshaw, MD, Rheumatologist

Not all exercises are suitable for everyone. This or any other exercise program may result in injury. PLEASE ALWAYS consult your DOCTOR before beginning this or any other exercise program, especially if you have a chronic or recurring condition.



Stretching exercises

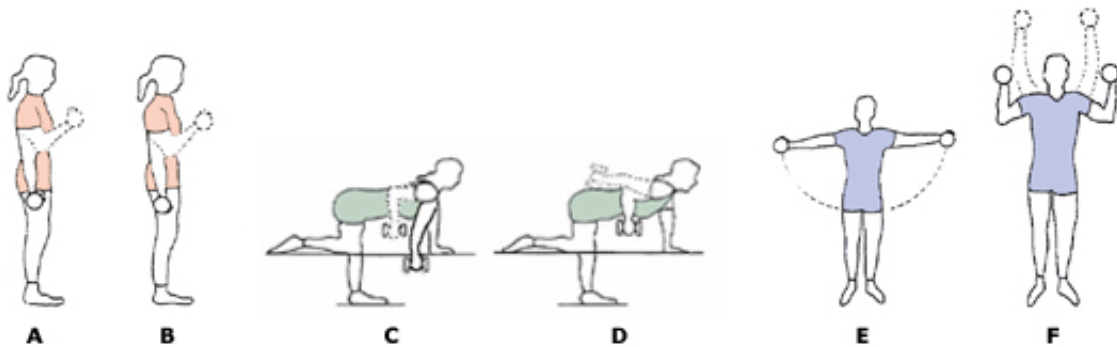


- (A) Back stretch.
- (B) Shoulder shrug.
- (C) Neck stretch.
- (D) Arm circles.
- (E) Standing groin stretch.
- (F) Calf stretch.
- (G) Modified sit-up.
- (H) Hamstring stretch.
- (I) Sitting groin stretch.
- (J) Side stretch.
- (K) Quadricep stretch.

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Upper body weight routine

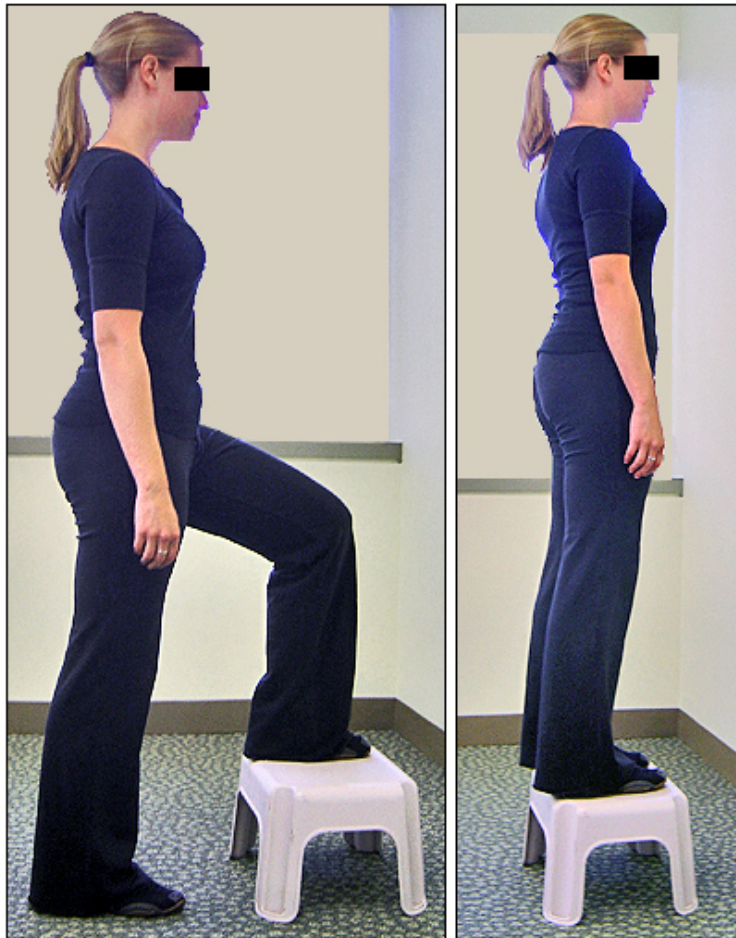


- (A) Curls/palms up.
- (B) Reverse curls/palms down.
- (C) Bent knee over rows.
- (D) Tricep kick-backs.
- (E) Side lift.
- (F) Military press.

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Forward step up



Place left foot onto a step, then step up with right foot. Move left foot back down to floor then step down with right. Repeat this sequence 10 times then change order of feet (step first with the left, followed by the right); this is one set. Perform three sets.

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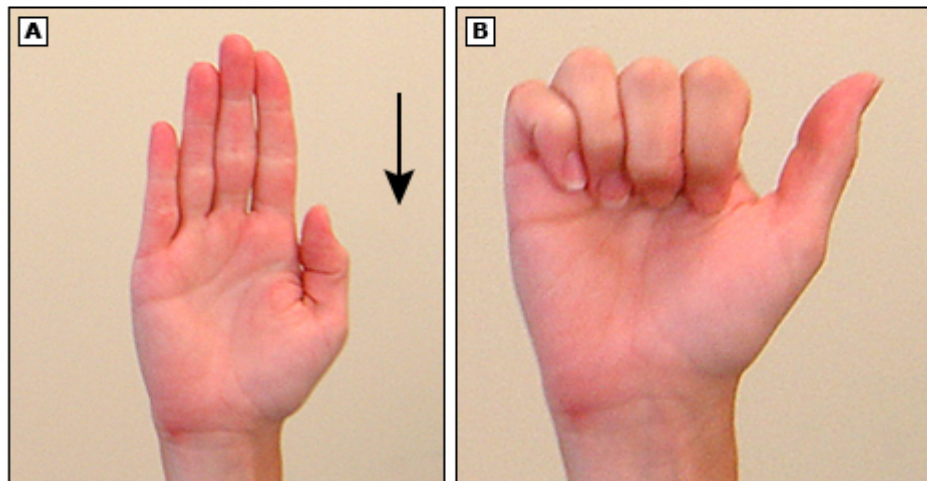
Trunk lift



Lie face down on a towel or blanket on the floor. Extend hands in front of the body. Lift the arms and upper body away from the floor. Hips should stay in contact with the floor. Hold for 3 to 5 seconds. Rest. Repeat 10 times.

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Finger flexion/extension

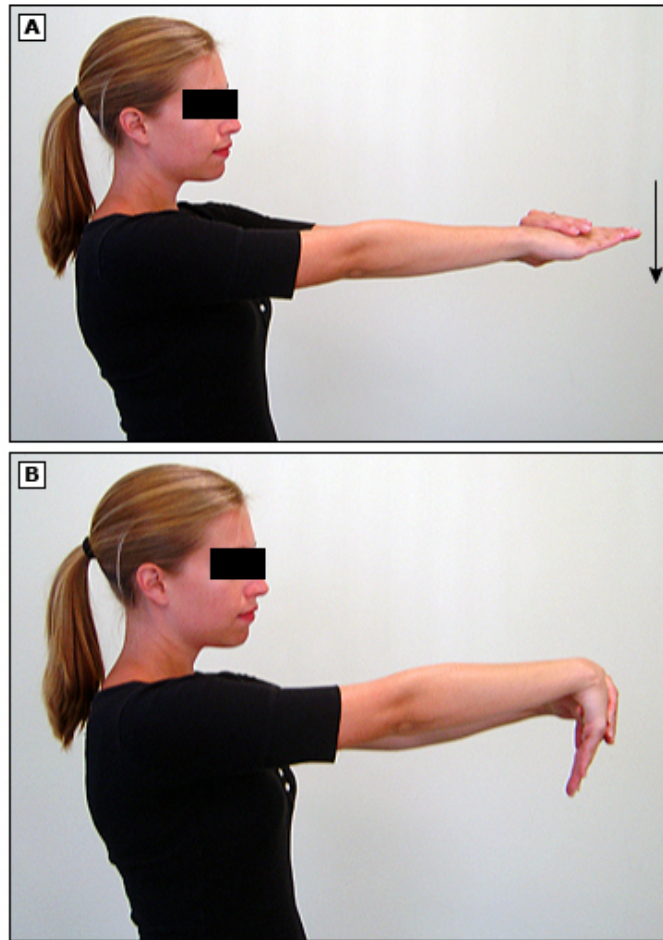


Hold both hands with fingers pointing toward ceiling. Roll tips of all fingers down slowly to make a fist. Hold for 5 seconds. Relax fingers. Repeat 10 times.

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Wrist extensor stretch



Hold left arm straight out in front of the body, with the palm facing down. Using the right hand, grasp the left hand and gently bend hand downward until you feel a stretch in the left forearm. Hold for 10 seconds. Relax. Repeat 10 times, then switch hands and repeat 10 times with the right hand.

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Gastrocnemius stretch



The gastrocnemius muscles are the two muscles in the upper calf, just below the back of the knee. To stretch them, stand 18 to 24 inches away from a wall (facing the wall). Place hands on wall at head level. Bend left knee and move right foot about 12 inches backwards. Keep right leg straight and keep heel on the floor. Lean into the wall until you feel a stretch in the right calf (this should not hurt); do not bounce. Hold for a count of 10. Rest. Repeat 10 times with each leg.

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Hamstring stretch

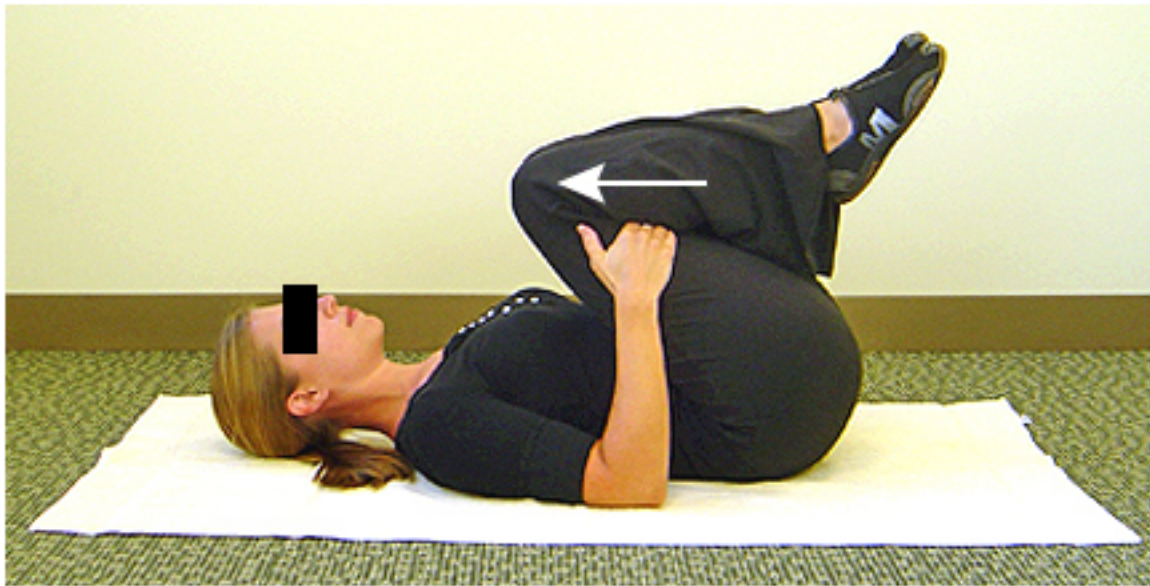


The hamstrings are the muscles in the back of the thigh, just above the back of the knee. To stretch them, you will need a stable stool that does not roll (or a stair) that is about knee height. Place hands on hips. Place the right heel on top of the stool, keeping the leg straight. Bend the left leg and slowly lean forward until you feel a stretch in the back of the right leg. Hold for 10 seconds. Rest. Repeat 10 times, then switch legs and repeat 10 times with the left leg on the stool or stair.

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Knee chest stretch



Lie on the back on a bed or on a towel on the floor. Bring knees up to chest. Place the hands behind the knees and pull toward the chest until you feel a stretch in the lower back and buttocks. Hold for 5 seconds. Rest. Repeat 10 times.

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Lateral neck flexion



Sit or stand. Look straight ahead. Slowly tilt the head toward the right shoulder until you feel a stretch along the left side of the neck. Hold for 5 seconds. Straighten the neck then tilt the head towards the left shoulder. Hold for a count of 5. Repeat this sequence 10 times.

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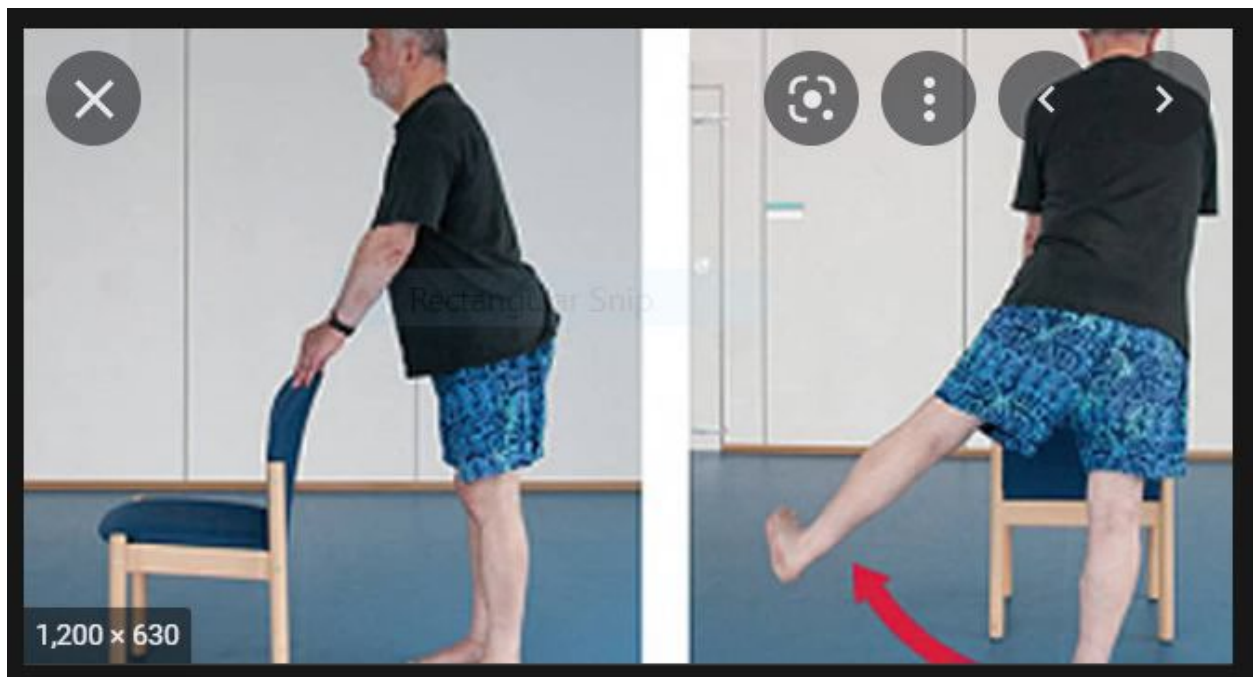


Chair Yoga



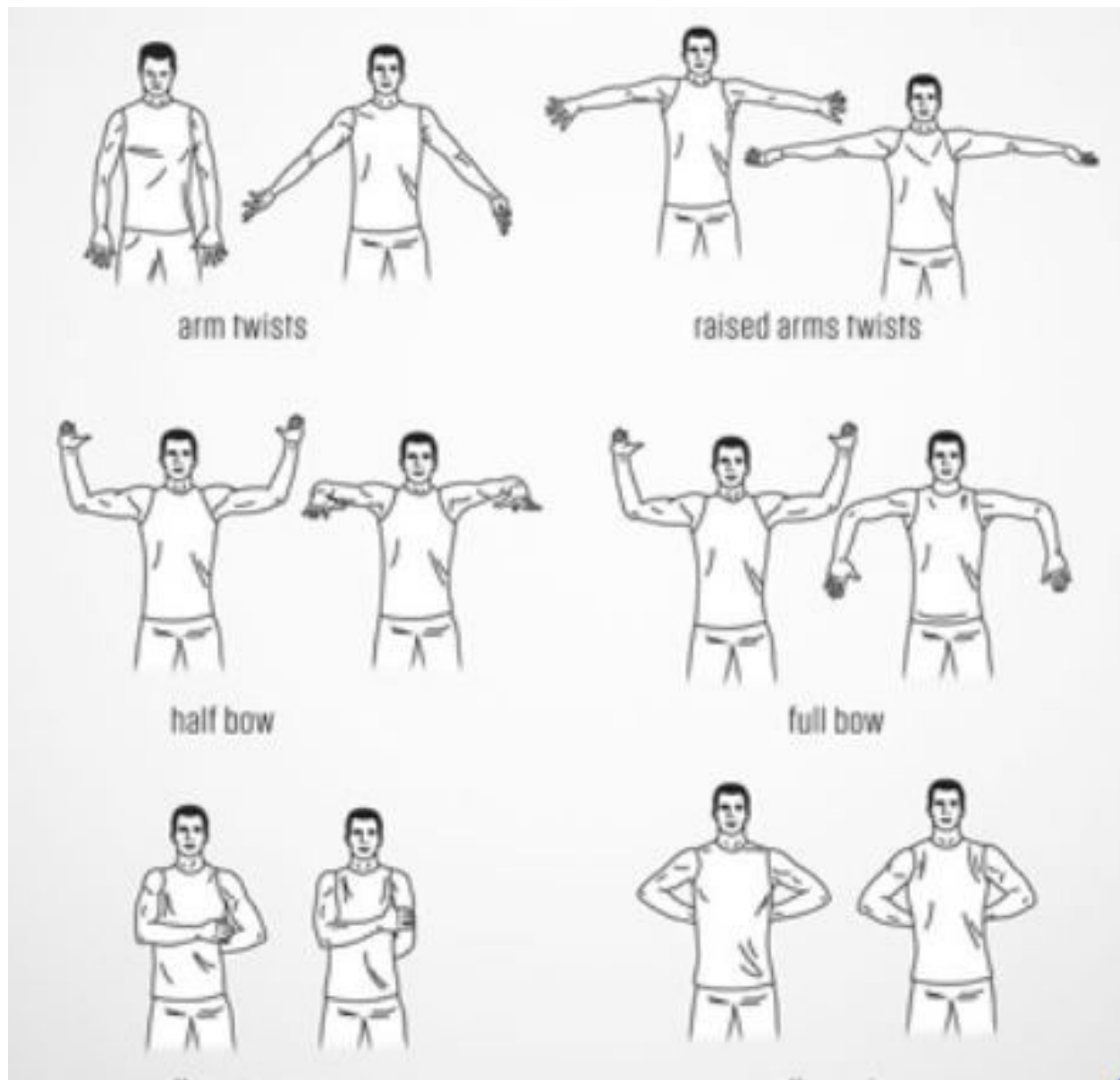


Hip Exercises





Shoulder Exercises





Tai Chi Balance



Standing Alignment



Sitting Alignment



Shifting Weight



Tai Chi Walk