

Exercises for Osteoarthritis

For anyone with arthritis, **mild exercise is important** to keep the muscles that support the joints strong and to maintain mobility. People sometimes respond to the symptoms by not moving as much, and as the disease gets worse, the muscles that hold the joint together get weak from lack of use. Over time, the joint loses its shape and may not work.

Here are some simple exercises you can try.



Sitting in a chair, lift your arm up until it is in line with your ear, letting your thumb lead the way. Slowly lower and repeat with the other arm.



While standing, bend your elbow, bringing your hand to your shoulder, and then gently straighten it. Repeat with the other arm.



Lying on your back, lift your knee toward your chest. Return to the starting position. Repeat with the other leg. If you have had a hip replacement, only raise your knee to 90° (forming a right angle with your lower leg perpendicular to the floor).



Sitting in a chair, pull your toes up and straighten your leg. Then lower your leg to the floor and bend your knee as much as possible, moving your foot toward you. Repeat with the other leg.



Touch the tip of your thumb to the tip of each finger, making a circle. Then slide the tip of your thumb to the base of each finger.



Make a gentle fist, curling all your fingers; then slowly open your hand wide. Repeat with the other hand.



Sitting in a chair (or lying down), move your feet briskly, pointing your toes away from your body and then bringing them back.

Advil®

For today's tough pain caused by inflamed joints.

www.advil.ca

Tips for Reducing Joint Pain

Just because you have arthritis doesn't mean you have to accept the joint pain that comes with the condition. Ergonomics (the art and science of fitting an activity to a person) can help make daily living tasks easier, and this can reduce the wear and tear on your joints, which can lessen the pain.

Here are some simple ergonomic tips that can help you live with less discomfort:

Reduce the FORCE you put on your joints whenever possible.

- If you have a choice, try pushing or pulling rather than carrying. Slide objects to where you want them rather than lifting them. If pushing, be sure to put your body weight behind it rather than just using your arms.
- When you can, use a wheeled transport to move things, such as a wheel barrow or wagon. If you have to move a heavy stack of folders or books, try putting them on a chair with wheels and pushing them to another room rather than carrying them.

Use POSTURES that reduce discomfort and the risk of injury.

- As a general rule, try to keep your body positioned so that your ears, shoulders, and hips are stacked in a straight line. This is called the neutral position.
- In order to perform your daily activities with your body in the neutral position, you may have to adapt the way you perform tasks or adjust your surroundings, such as changing the height of your worktable or the position of your computer monitor.

Reduce the amount of REPETITION in your activities.

- If you must do something that requires you to repeat a certain action a number of times, take frequent short breaks.
- If you can, alternate activities that require repetition so you don't overwork any one set of joints. For example, do something that requires a particular hand movement for a while, then move to something else before returning to the original task.

Use TOOLS to make tasks easier.

- Sometimes a piece of textured plastic or latex placed over a jar lid can make it easier to open.
- Replace round doorknobs and faucet handles with levers to make them easier to turn.

The Advil logo is rendered in a bold, yellow, serif font. The letter 'i' in 'Advil' has a registered trademark symbol (®) positioned at the top right of its vertical stem.

For today's tough pain caused by inflamed joints.

www.advil.ca