

Exercise Tips at a Glance

BENEFITS OF EXERCISE

- Joint flexibility/mobility
- Muscle strength
- Endurance/stamina/more energy
- Bone Strength
- Function/ability to perform daily activities
- Posture/balance and coordination
- Nourishes cartilage
- Cardiovascular health and circulation
- Regular bowel movements
- Lift spirits
- Weight control/better appearance
- Improved quality of sleep
- Improve overall health



EXERCISE PRINCIPLES

1. Exercise daily
 - a. Not on a full stomach
 - b. Make an appointment with yourself
 - i. When you have the least pain and stiffness
 - ii. When you have the most energy
 - c. Modify exercise program depending on the amount of pain experienced on bad days
2. Prepare for exercise
 - a. Wear comfortable clothing and shoes
 - b. Engage in deep full breathing becoming relaxed and aware of your body
 - c. Engage the core, practice good posture
 - d. Do Gentle warm-up stretches
 - e. Massage stiff or achy areas of the body



PRACTICE GOOD BODY MECHANICS

- Practice good posture during daily * activities and when exercising
- Keep your hips in neutral position, lift up your ribcage with your back muscles
- When you must stay in one position for long periods, take regular breaks to stretch and restore neutral back position
- When standing for long periods, stand with one foot on a stool.

GENERAL EXERCISE PRECAUTIONS

- **Listen to your body. Pain is a warning**
- Get a recent physical and a doctor's release or permission to participate in regular exercise
- Seek advice if you've had a joint replacement or other recent surgery
- Understand the effects of your medications on physical activity/exercise
- For endurance activities know the level of exertion right for you
- Move at your own pace
- To stretch move a joint just until you feel a gentle stretch, **DON'T FORCE**
- When you feel tired stop and rest
- Keep breathing regularly
- Beware of signs and symptoms of distress.



- Chest Pain
- Nausea
- Dizziness/disoriented
- Pale and clammy
- Shortness of breath (with mild exertion)
- Irregular or accelerated heart rate palpitations

Lifting Tips

- Keep your back straight and your lower back (hips) in neutral position.
- Bend forward from your hip hinge not the waist.
- Bend your knees and let arms and legs do the work: to lift the object press feet into the floor, straighten your legs, tighten your buttock and abdominal muscles for further back support before you lift the object.
- Keep objects close to your body
- Don't lift heavy objects above eye level
- To change directions, turn on feet; do not twist your back.