

BEING ACTIVE WITH ARTHRITIS

LOVE ACTIVITY, BUT HATE EXERCISE?



It can be daunting to start to become more active, especially if you haven't done much exercise before and you are managing a health condition.

We see many people who are living with arthritis here at Hindmarsh and Fitzroy Physiotherapy, so here is some guidance on keeping active. The evidence to support the benefits of physical activity to help people with arthritis is overwhelming.

ACTIVITY AND EXERCISE HAS THE POTENTIAL TO HELP YOU IF YOU HAVE ARTHRITIS IN MANY WAYS, INCLUDING:

- Reduce your pain
- Improve your mobility and independence
- Help you get stronger
- Improve your balance
- Increase your fitness levels
- Prevent or delay need for surgery

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SO, IF YOU ARE LIVING WITH ARTHRITIS AND WOULD LIKE TO GET MORE ACTIVE, HERE'S HOW YOU CAN GET STARTED.

Choose an exercise type that you'll enjoy or perhaps revisit one that you have enjoyed in the past.

Strengthening, cardiovascular and mobility exercises have all been shown to be helpful for arthritis, but the type is less important than the enjoyment factor and sticking to it long term.

There are no exercises that are off limits, at least in principle. Sometimes care needs to be taken and stepping stone exercises might be required to get to a particular activity but be reassured that any exercise will be helpful in the long term.

Start off at a lighter intensity and then build up slowly allowing yourself time to accommodate an increase in intensity.

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Some pain or even a slight increase in pain is ok during and after the exercise but it should settle back to pre-exercise levels in 24 hours, not be too severe, or coincide with protracted swelling, heat or redness of joints.

It might be appropriate to start your exercise in the pool where the decreased weight bearing will be more comfortable. Running, squats and lunges are all possible and practicing in the pool first will allow some time for your body to get used to the movements.

Choosing the right environment for you might require some experimentation. The gym is not the only option. For some exercising with a partner will be motivating, whilst others might find it distracting. Pick your preference but be open to different options.



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Consider your other health needs. Diet, sleep, limiting smoking and keeping stress as low as possible are all just as important as exercise to manage arthritis symptoms.

If you get stuck, don't know where to begin, or are struggling with the symptoms, why not seek professional advice from one of our team, who can complete a comprehensive assessment and give you guidance on how to implement your program.

In addition to individual consultations with one of our Physio team, we are also able to offer a range of services that can tempt, encourage and support you to become more active if you're living with arthritis. Our Exercise Physiologist is also a great place to start.



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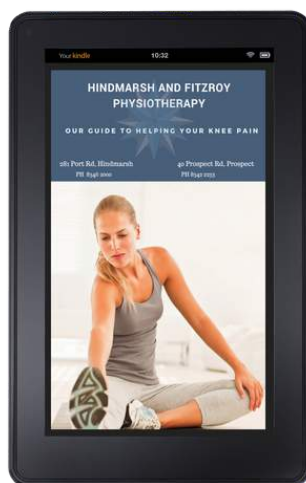
We hope at least some of the above tips are helpful. You can speak with one of our Physios or Exercise Physiologist for more tips and advice. Call or email us and we will get back to you to answer your questions.

As Physios, we provide extensive education as part of our management and prevention programs, but realize not everyone can find the time or have the confidence to make an appointment, you are welcome to download these informative E-books that you may find useful to get you on your way.

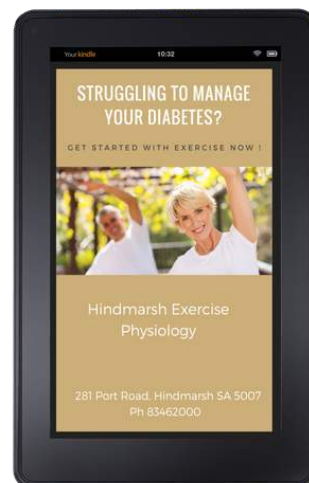
OTHER RESOURCES



MANAGING BACK PAIN



MANAGING KNEE PAIN



STARTING DIABETES EXERCISE

To access our free E-book Resource just click the images above

You can call us on 83462000 at Hindmarsh and 83422233 for Fitzroy, Prospect or **CONTACT US ONLINE HERE** if you would like an appointment

We are passionate about providing our patients and community with information on prevention and management of many conditions. This PDF is not intended as a substitute for medical advice or treatment and should not be interpreted as such. Always seek advice from a qualified medical professional and use of this information is at your own risk