



# MOVEMENT IS MEDICINE

## RELIEVE YOUR JOINT PAIN






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## IS THIS BOOKLET FOR ME?

Do your joints hurt? Do you feel stiff in the morning? Is it hard to move without feeling pain? If you answered yes to any of these questions, this booklet may be for you.

Painful and stiff joints are often caused by arthritis. In the United States, over 49 million people have been diagnosed with some form of arthritis. In Indiana, 1.4 million report having doctor diagnosed arthritis.

There are over 100 types of arthritis. The most common type is osteo-arthritis, which causes joints to hurt and swell. Other types of arthritis cause people to be seriously ill, in addition to having painful joints. If you have fatigue, weight loss, low grade fever and weakness, in addition to joint pain, you should see your healthcare provider. Early diagnosis and treatment for these types of arthritis are very important.

If you do not have these symptoms, with your joint pain, you may have osteoarthritis. So what can you do about it? Is it just old age? Will it get worse?

This booklet will help you answer those questions. It will help you use simple activities to keep your joints moving, ease your pain, stay healthy and feel better.

## WHAT CAUSES ARTHRITIS?

When joints hurt, it's often because the spongy material between bones, called cartilage, has become worn or inflamed. Healthy cartilage cushions and protects the joint.

When cartilage is damaged, there is no cushion and bones rub against bones. The result is pain, swelling and reduced motion. The knees, hips and spine are often affected, but arthritis also affects the shoulders, hands and feet. Arthritis has many different causes. It can be genetic, or a result of illness or disease. Sometimes an accident or an injury is the cause. Even after it heals, a joint may still hurt or be stiff in the morning or when the weather changes.

Sometimes the work you do, or sporting activities, will cause arthritis. Straining or overusing joints over a long period can cause the joint to become damaged and painful. Being overweight also puts extra strain on joints and causes pain.

***The Framingham osteoarthritis study showed that losing just 11 pounds cuts the risk of joint pain and stiffness in half.***

## WHAT DOES NUTRITION HAVE TO DO WITH ARTHRITIS?

Eating the right food in the right amount helps the body stay healthy. Weight management is very important for helping arthritis pain. There are no foods or supplements that will cure arthritis, but everyone needs certain nutrients to have a healthy body. Those nutrients are water, carbohydrates, protein, fat, vitamins and minerals. The easiest way to be sure you get enough of each is to eat a variety of food. Too little or too much of something is not healthy.

Some simple suggestions for healthy eating are:

- If you are overweight, select lower calorie and lower fat food.
- Calcium is good for people with arthritis, so include dairy products or take a calcium supplement.
- Be sure to include enough protein in your diet. Meat, nuts, fish, whole grains, cheese and poultry all have protein.
- Eat less, especially less sugar, salt and fat.
- Eat something from each food group every day. Try to eat five servings of fruits and vegetables daily.

Extra weight is extra stress on your weight bearing joints. You can change your choice of foods but you may also have to change your eating habits in order to lose weight. Eat more slowly and concentrate on the meal. Stop before you feel full. It may help to eat several small meals a day instead of two big ones. Snack on fruits and vegetables rather than cakes and pastry. Drink more water instead of soda and fruit juice. Eat less fried and fatty food. Choose lean meat or fish. Use herbs instead of salt to season food.

## WHAT CAN I DO TO STOP JOINT PAIN AND STIFFNESS?

Some people who have arthritis or joint pain limit their activity because they are afraid that moving their joints will make the pain worse. Doctors used to tell people to rest their joints when they hurt.

We now know that joints work better and hurt less if we keep them moving. When we are physically active, the cartilage in our joints stay lubricated and we move more easily. Physical activity helps us stay in good health. It improves the heart, reduces cholesterol, and lowers blood pressure. It helps control weight. Physical activity builds strong bones and muscles, lowers stress, and helps us relax.

If we don't stay active, our bodies stop working properly. Lack of activity makes us feel tired and depressed, and our joints don't move well. We lose strength and endurance. After awhile, we cannot do things we enjoy. Eventually, we may not be able to care for ourselves, and lose our independence.

The good news is we can still improve our health and our life by becoming more active. Make a promise to start moving now!

***You will feel better if you start moving and keep moving.***



## INCREASING PHYSICAL ACTIVITY: HOW DO I START?

What is so hard about getting started? It's all about motivation. Most people like their daily routines. If you are not feeling so bad, maybe not even bad enough to see a doctor, why change anything? It is not always easy to see the benefits of increasing your activity level.

Sometimes it's hard to start moving because you don't feel well. Maybe you have other medical conditions or your arthritis is very painful, and you are afraid the pain will get worse.

The key to increasing your activity is to **START SLOWLY!** Make little changes in what you do every day. When those changes feel comfortable, add a few more. Vary your activities. Try some of these simple things to increase your activity:

- If you are stiff in the morning, stretch before getting out of bed.
- When you let the dog out, go for a little walk.
- Park in a space a little farther away than you usually do.
- Raise your arm up to wave to a neighbor.
- Stand up and stretch during TV commercials.
- Squeeze a ball with your hand when you are on the phone.



## SHOULD I TALK TO MY DOCTOR?

***Most people are at greater risk if they do not exercise than if they do.***

If you are not sure you should exercise, take this short quiz:

### ACTIVITY READINESS QUIZ\*

1. Has your doctor ever said you have a heart condition or you should limit your physical activity?
2. When you are physically active, does your chest hurt?
3. In the past month, did your chest hurt when you were not physically active or when you were resting?
4. Do you lose your balance because of dizziness or do you ever pass out?
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6. Is your doctor prescribing drugs (for example water pills) for your blood pressure or heart condition?
7. Do you know of any reason why you should **not** do physical activity?

*\*Adapted from the PAR-Q & YOU, A Questionnaire for People Aged 15-69; Canadian Society for Exercise Physiology, Health Canada, 1994, SCEP.*

- ◆ **If you answered yes to one or more questions, talk with your health care provider BEFORE increasing activity.**
- ◆ **If you are pregnant, talk to your health care provider first.**
- ◆ **If you have a temporary illness, (a cold or the flu) wait until you are fully recovered to increase activity.**

If you answered no to the questions above, feel well and are not pregnant, you can become more physically active. Make sure you start slowly and increase your activity gradually.

**IMPORTANT!! STOP exercising immediately if:**

There is pain or pressure in your chest.

You are short of breath.

You feel dizzy or sick to your stomach.

You begin to have strong pain or more pain than usual.



## HOW ACTIVE DO I NEED TO BE?

Scientific studies show that appropriate physical activity and exercise provide long-term pain relief. Do you have 30 minutes a day to make yourself feel better? People with arthritis should spend 30 minutes engaged in moderate physical activity at least five times per week.

Exercise should start with a warm up period. Warm-ups get the blood flowing and the muscles ready for exercise. Spend 5 minutes moving slowly or stretching gently (no bouncing). When you are finished exercising, end with a 5 minute cool-down period. Cool-downs may ease soreness after exercise and are good for your heart.

Start with less exercise than you think you can do. Set a small goal and work up from there. If you do too much at once, and get sore muscles, you can lose motivation. It feels good to reach your goals.

What exercises can you do? There are several kinds and each has a different purpose. Flexibility or range of motion exercises keep joints healthy and moving. Strengthening exercises build muscles around the joints so they are supported during daily activities. Endurance exercise improves overall health and decreases pain. All three types of exercise are important for people with arthritis.

Are you too tired to even think about doing something for 30 minutes? You are not alone. Most people find it difficult at first. Set aside just 10 minutes two or three times a day instead. If you skip a day, it's okay. Don't give up. Just start fresh the next day.

As you begin to move with less pain, you can increase the number of days or amount of time. It is important to choose a pace that is comfortable for you. As you begin to exercise more, you will see more of the benefits.

How hard do you have to exercise to get the benefits? Not very hard. You should be able to carry on a conversation and still breathe without difficulty as you exercise. If you can't talk and breathe, slow down.

Strengthening exercises are especially important for people with arthritis. Strong muscles help support the joints. Try including both flexibility and strengthening exercises in your routine.

Exercise should not cause pain. You can expect mild soreness a day or two after exercise, especially if you haven't exercised recently. If an exercise causes a sharp pain, particularly in the middle of a motion, don't do it.

***If you are very sore the next day, rest for a day or two. The next time you exercise, do it for half the time and not so intensely.***



## **What if you really don't feel like exercising?**


What if you do not feel like exercising or are having trouble getting started? Since most everyone will make an excuse for not exercising sometime, be prepared. You know what motivates you. When you get discouraged or bored, design some strategies to help yourself.

Get your exercise clothes ready the day before. Pick out some of your favorite music to listen to while you stretch or walk. You may be more motivated if you have something special to look forward to at the end of the week.

If you reach your activity goal for the week, watch that favorite TV show or go to that movie you wanted to see. Maybe you would rather buy something new as a reward for your efforts. If you find you are not reaching the weekly activity goals you set, break them into smaller goals.

Find someone to exercise with you. Join a fitness class offered in your community. If there is no gym or community center near you, check with local schools or hospitals. They may offer a variety of health and fitness sessions. Go with a friend who also wants to move more and be healthy.

If you think the exercise you are doing is boring, switch to something new. Change your music, look for a new location for your exercise or walk a new route. Pick out clothes you like to wear. Maybe an old comfortable outfit feels best or maybe one that's brand new.



Is it difficult for you to move? Try exercising in the water. Warm water feels great on sore joints. Water aerobics are especially good for people with arthritis. It is easier to move, and the risk of falling is greatly reduced.

Put exercising in your schedule just like any other appointment. Try to move more as you go about your daily chores or errands. Taking a short walk will be better for you than staying at the table after you have finished eating. Your health is worth the effort.

***If you miss a day, it's okay. Start fresh the next day.***



## FLEXIBILITY EXERCISES

**WHAT:** Range of motion means how far your joints move in certain directions. Range of motion exercises reduce stiffness and improve flexibility. These exercises stretch major muscle and tendon groups.

**WHY:** Each joint and the surrounding muscle need flexibility in order to move normally.

**HOW:** Slowly and gently. **Stretching should not be painful.** Do not bounce or get up and down a lot. Whatever you do for your left side, do for your right side. It is best to use all your joints every day and move them through their entire range of motion. If you do not move in certain directions during your normal day, you should take care to exercise those joints. The joints you use during your regular daily routines do not need as much attention. **Remember to breathe naturally as you do these exercises.**

**WHEN:** Stretching activities need to be done every day. It is easiest after your shower or bath when the tissues are still warm. Light flexibility exercises should be done before the strengthening or aerobic exercises.

***You should be able to do 15 minutes of flexibility exercises before you add strengthening and endurance exercises.***

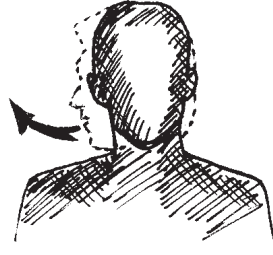


## EXAMPLES OF FLEXIBILITY EXERCISES

### UPPER BODY

#### **#1 Rotate**

Turn head slowly to look over the left shoulder, hold ten seconds, return to face center. Then turn head to look over the right shoulder. Hold 10 seconds. Repeat 3-5 times for each side.



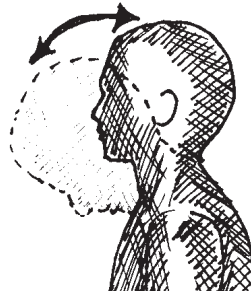
#### **#2 Sidebend**

Tilt head toward shoulder. Then tilt head toward opposite shoulder. Tilt head as far as possible. Hold 10 seconds. Repeat 3-5 times for each side.



#### **#3 Bend**

Bend head forward as far as possible. Return to starting position. Hold 10-15 seconds. Repeat 3-5 times.



#### **#4 Shoulder Elevation**

Slide arm up wall with palm towards you by moving closer to the wall and leaning in. Hold 20-30 seconds.

Repeat 3-5 times for each arm.

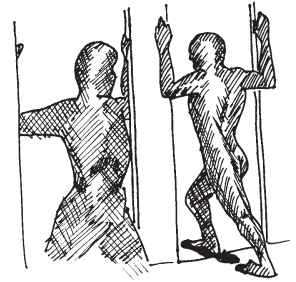


#### **#5 Chest Stretch\***

Move arm position so elbows are parallel with the shoulder level, resting on the door jamb. Move body forward to stretch the chest muscles. Hold 20 seconds.

Repeat 3-5 times.

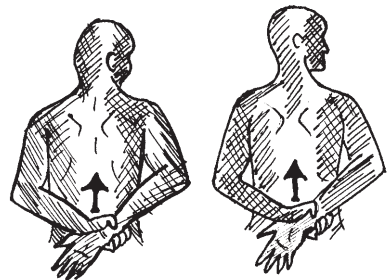
***If you have had shoulder surgery, check with your doctor before you do this exercise.***



#### **#6 Shoulder Stretch (inward rotation)**

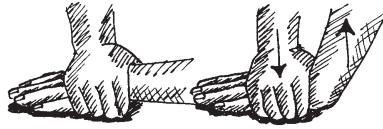
Standing, grasp one hand at wrist with the other behind your back and lift upwards along the spine. Hold 20-30 seconds. Change hands.

Repeat 3-5 times for each hand.



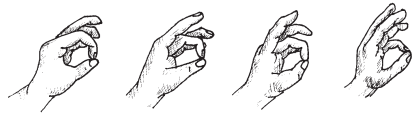
## **#7 Wrist**

Place your hand over the back of the hand below the wrist on a flat surface. Hold the hand down, and lift the forearm up, stretching the wrist. Hold 20-30 seconds. Repeat 3-5 times for each wrist.



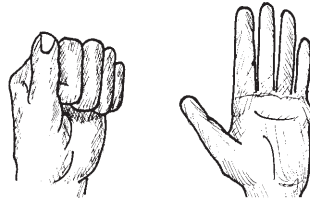
## **#8 Thumb and Fingers**

Make an “O” with your thumb tip and finger tip. One by one touch your thumb to each fingertip. Repeat 3-5 times for each hand.



## **#9 Fist and Straighten**

Make a fist, putting finger tips on the palm, then straighten fingers all the way out. Repeat 3-5 times for each hand.



***“These exercises make me feel so much better.”***

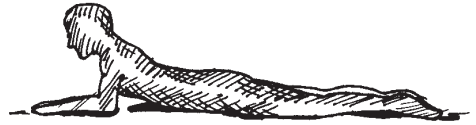
***Anita - Indianapolis, Indiana***

## SPINE

### **#10 Backward Bend Lying\***

Lay on stomach propped on both elbows. Maintain this position for 5-10 minutes.

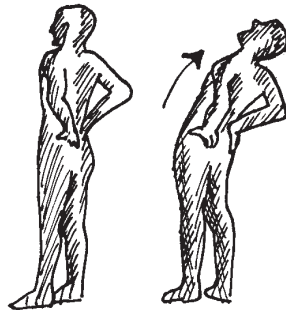
***\* Do not do this if you experience pain or numbness in your legs.***



### **#11 Backward Bend Standing**

Stand upright with feet slightly apart. Place your hands in the small of your back and bend your body backwards as far as possible. Keep your knees straight. Hold for 10-15 seconds.

Repeat 3-5 times.



### **#12 Side Stretch**

Stretch one arm over your head, the other hand resting on your hip. Slowly bend to the side. Hold 10-15 seconds. Repeat 3-5 times for each side.



### #13 Lower Trunk Rotation\*

Lying flat on your back, drop your knees to one side as far as possible towards the floor. Hold 20-30 sec.

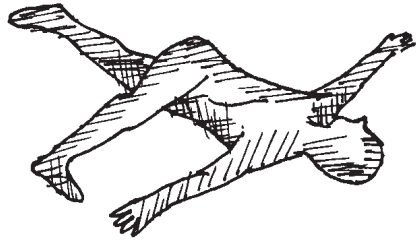
Repeat 3-5 times for each side.



If you do not feel a stretch doing the above exercise, take the top leg and stretch it out straight over top of the bottom leg, and turn your head in the opposite direction.

Repeat on other side.

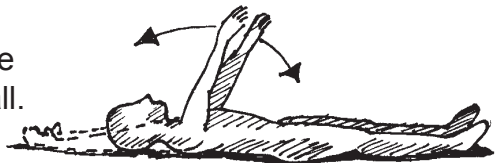
***\*If you have had hip replacement surgery, check with your doctor before doing this exercise: lower trunk rotation.***



### #14 Tall stretch

Lying flat on your back, lift your arms above your head towards the floor and breathe deeply, stretching yourself tall. Hold 20-30 seconds.

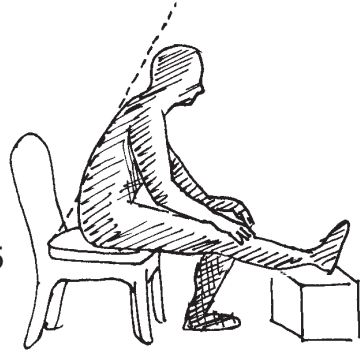
Repeat 3-5 times.



## LOWER BODY

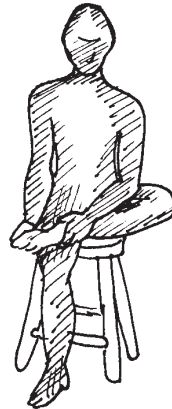
### **#15 Hamstring stretch\***

Place your leg on a stool in front of you. Keeping your spine STRAIGHT and bending forward at the hip, stretch the back of your thigh gently, maintaining the stretch for 20-30 seconds. Do 3-5 times. Repeat for the other leg. (No bouncing.)



### **#16 Hip Rotation Stretch\***

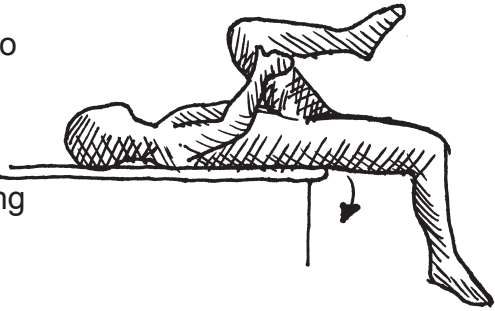
Lift one leg up and cross it over the other, with ankle on knee. Lift up gently at the ankle while holding the knee down with your elbow to a gentle stretch. Hold 20-30 seconds. Do 3-5 times. Repeat for other leg.



***\*If you have had hip replacement surgery, check with your doctor before doing these exercises: hamstring and hip rotation stretches.***

## #17 Hipflexor Stretch

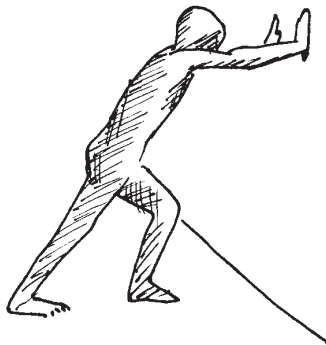
Lie on bed and slide down so your buttock is at the edge. Pull one knee up to your chest and allow the other to hang unsupported. Let it hang 20-30 seconds, but make sure your back stays flat on the bed. **Do not let your back arch!**



***\*If you have had hip replacement surgery, check with your doctor before doing this exercise: hipflexor stretch.***

## #18 Calf Stretch

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 20-30 seconds. Do 3-5 times for each leg.



## #19 Quad Stretch (front thigh muscle)

Hold onto chair and stand straight. Pull heel toward buttock until a stretch is felt in front of thigh. Hold 10-20 seconds. Repeat for other leg.



## STRENGTHENING EXERCISE

**WHAT:** Strengthening exercises make muscles stronger. Strengthening exercises are often done against resistance. Resistance can be created by your own body weight against gravity, or by using weights, machines, or elastic bands. It is not necessary to purchase weights. You can use water bottles or soup cans as weights.

**WHY:** Strengthening exercises build muscle and strong bones. They help prevent falls and keep your joints flexible. Strong muscles help support and protect joints.

**HOW:** It takes about 8 to 10 different exercises to train the major muscle groups. You should do strengthening exercise for your upper and lower body.

**WHEN:** You should do these exercises three times a week with a day of rest between each session. To begin, do each strengthening exercise enough times that it makes you tired or up to ten. When you can do ten, add another set of ten with rest in between. When it is easy for you to do three sets of ten, start adding resistance like weights or elastic banding, a little at a time. Gradually work up to three sets of ten for each exercise. Be sure to do both the right and left sides of your body.

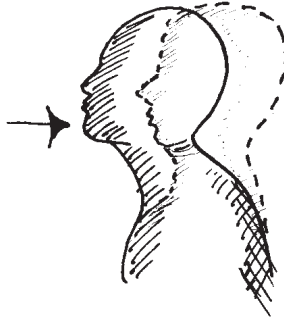


## EXAMPLES

### NECK

#### **#1 Chin Tuck**

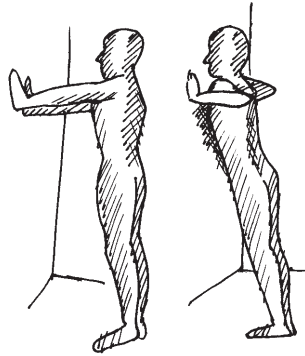
Pull head straight back, keeping jaw and eyes level, as if flattening your neck against a wall. Hold 5 seconds.



### UPPER BODY

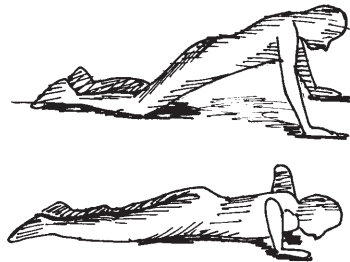
#### **#2 Easy Push Ups**

Stand about 2 feet from a wall, placing hands on the wall. Keep your spine and neck straight. Lower your forehead to the wall, then push back out.



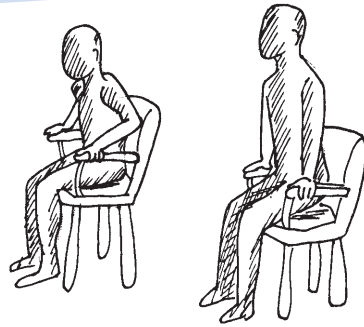
#### **#3 Modified Push Ups**

Start with knees and hands on the floor. Lift upper body up, straightening the elbows, allowing your knees to bend, keeping the spine and hips as straight as possible.



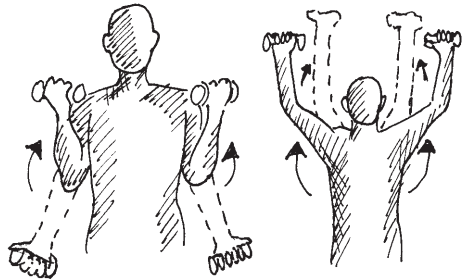
#### **#4 Sitting push ups**

Sit in an armed chair, putting hands on the arms. Lift your body up using your arms, *not* putting the weight on your feet. Repeat.



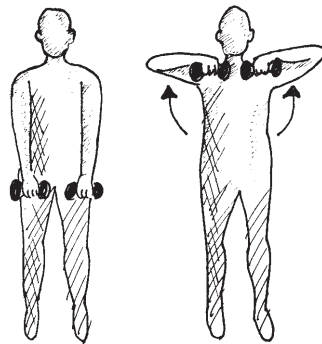
#### **#5 Arm Raises**

Bend your hands up to your shoulders. From that position, lift your arms above your head toward the ceiling. Lower them slowly. Repeat.



#### **#6 Upright Rows**

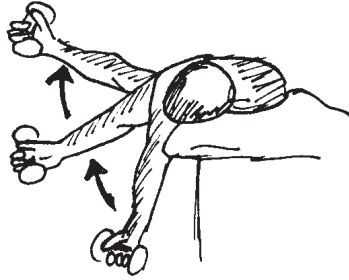
Stand with your hands on thighs, palms facing you. Slowly lift your elbows up, bringing the back of the hands up toward your face. Repeat.



***Remember to repeat each exercise up to 10 times or until you get tired. That is one set.***

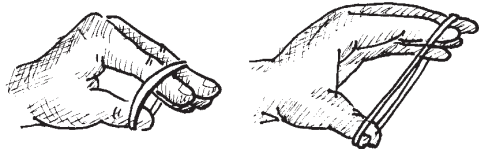
## **#7 Face Lying Flies**

Lie on your stomach on bed with arm over side. Raise your arm straight out from side. Keep elbow straight, thumb up. Repeat. Change sides and repeat for other arm.



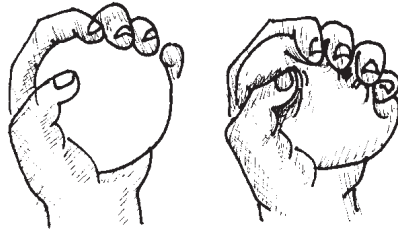
## **#8 Finger Spread (Extension)**

Place a wide rubber band around fingers and thumb, pulling them together. Spread them apart, pushing against the rubber band. Release and repeat.



## **#9 Finger and thumb squeezes**

Using a soft ball or putty, squeeze your fingers deeply. Release and repeat.



***As you get stronger, add more sets. Later add resistance or weights.***

## SPINE

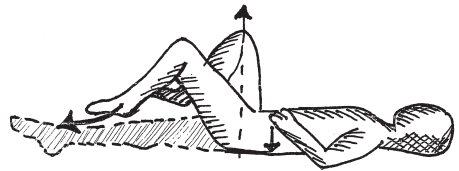
### #10 Partial Sit-Downs (appropriate with osteoporosis)

Sitting, with feet on the floor, cross hands across your chest and lean back to 45 degree angle, keeping the spine and neck straight. Hold up to 30 seconds or longer. When this gets easy, hold your arms out to the side, or over your head.



### #11 Lower Tummy Strengthening

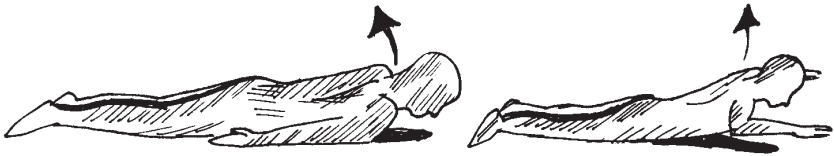
Lie on back, with knees bent until the thigh is vertical and your back flattens on the floor. Keep one leg up vertical, while lowering the other, straightening it towards the floor. **Keep your back flat against the floor and don't hold your breath.** If the spine arches then don't lower the leg further. Bring it back to vertical and repeat with the other leg.



## **#12 Spinal Extension**

Lie on your stomach, with your arms at your sides, and lift your upper body up. Hold 3 seconds and slowly lower. Repeat.

If that gets easy, put your arms out in front, and lift your upper body up. The further out in front, and the straighter your arms, the more work it is.



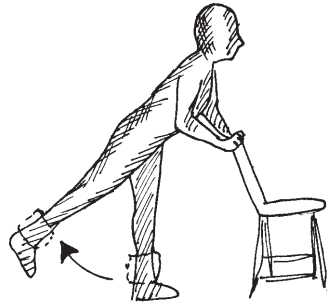
***“I use these exercises religiously -  
I keep the book on the table by my  
chair to remind me. They work.”***

***Robert - Muncie, Indiana***

## LOWER BODY

### **#13 Hip Extension, Standing**

Stand about 18 inches from a chair, holding it for support. Bend a bit at the waist, keeping legs straight. Keep neck and head in a straight line with your body. Lift your leg straight up behind you, then bring it slowly down. Repeat with other leg.



***“The biggest barrier to doing these is pain but I do feel better with movement.”***

***Davina - Daleville, Indiana***

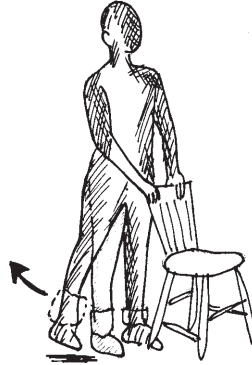
### **Hip extension, lying (a little harder)**

Lying on your stomach, lift your leg as high as possible. Keep your leg straight, pelvis flat on the floor. Lower leg slowly. Repeat with other leg.



## **#14 Side Hip Raise, Standing**

Stand behind a chair for balance, lift your leg up and out to the side 5-8 inches. Lower slowly. Repeat with other leg.



## **#15 Side Lying Hip Raises (a little harder)**

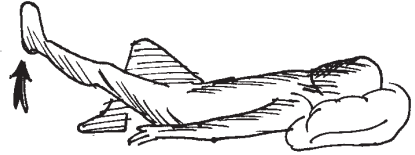
Lie on your side with one hand under your head. Place the opposite hand on the floor for balance. Lift your leg up 18 inches. Then slowly lower your leg back down. Repeat on other side.



*As you get stronger, add more sets. Later add resistance or weights.*

## #16 Straight Leg Raises

Lying on back, bend one knee and place your foot flat. Tighten the front thigh muscle of straight leg and lift it up as high as the top of your bent knee. Lower your leg slowly. Repeat with other leg.



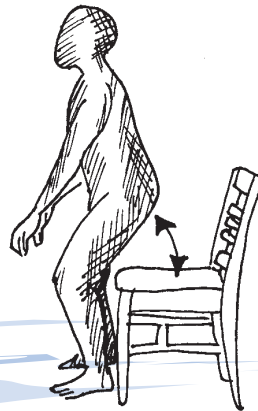
## #17 Step Ups

Step up on a 9 inch step or stool, then back down. Repeat. Start with a shorter step if 9 inches is too hard. Hold onto something for balance if necessary. **Step downs** are also an excellent exercise, stepping forward, then back up backwards.



## #18 Sit to Stand

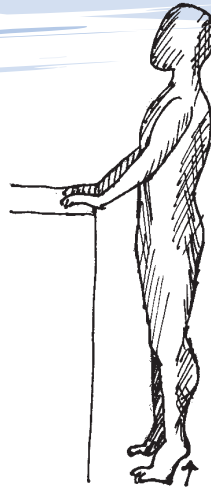
Scout out to the edge of a seat, get your feet under you. Stand up **without** using your arms. Lower yourself back into the seat slowly without using your arms, and repeat. (You may want to use your arms at first).





## **#19 Heel Raises**

Hold on to a support for balance. Lift up as high as possible on your toes, and lower slowly. When this is easy, hold onto the support, stand on one leg and raise your heel.



***“This book was very helpful. I also sent it to a family member.”***

***Rita - Muncie, Indiana***



## ENDURANCE EXERCISES

**WHAT:** Moving in a smooth, rhythmic and continuous manner, over a period of time is endurance exercise. It speeds up your heart beat and breathing. Biking, walking and swimming are endurance exercises.

**WHY:** Endurance exercise improves the health of your heart, lungs, and circulatory systems. It increases endurance, helps prevent disease and decreases pain. Endurance exercise also improves your mood and helps you sleep.

**HOW:** Your goal should be to reach 30 minutes or more of endurance activity most days of the week. Some examples are: hiking, jogging, stair climbing, rowing, dancing, and skating. You can also walk, working up to a brisk pace, or take an exercise class.

**WHEN:** You can begin with five minute sessions of endurance activity twice a day. Add minutes until you can exercise for thirty or more in a single session. You will still benefit if you divide your activity into smaller segments of time.

## HELPFUL HINTS

Fancy equipment is not necessary for a good exercise program. If you keep it simple, you are more likely to continue your program. You can walk around your home or your community. Lift canned goods to strengthen arms, beginning with small cans and gradually increasing the weight. Put grocery bags on the floor so you bend and stretch to put food away. Use your own body weight against gravity or elastic bands to increase resistance.

Wear loose, comfortable clothing when you exercise.

If a joint hurts or is tender, start with exercises that do not move that joint. If a joint hurts at a certain point in its range of motion, modify the exercise so it is pain free.

Maintain normal breathing patterns. Breathe in and out once every repetition. Do not hold your breath.

Be creative in thinking how you can move more starting now. How many things can you think of to do while sitting on the couch? Try these:

- Squeeze a rubber ball to strengthen your fingers.
- Pick up jacks or marbles with your toes.
- Raise one leg and count to five.
- Hold both arms up over your head and wiggle your fingers.
- Put your feet flat on the floor and keep your heels down while you raise your toes as far up as you can.
- Hold your arms out to the side and move them in little circles.
- Drop your head down to your chest and hold it for the count of five.
- Tuck your chin in and back.
- Press the palms of your hands together in front of you.
- Stand up and sit down for every commercial.

Everyone has a reason to be more active. What is your reason? Develop an activity plan for yourself. Take charge of your pain by taking some action!

## WRITING YOUR OWN ACTIVITY PLAN

1. Select a movement problem to solve. Pick something you would like to be able to do or do with less pain. This will be your goal.
2. Think about why you can't do it. Perhaps, you can not get out of a deep bathtub by yourself. Why not? Maybe you have to bend your knees more than you can now. Maybe you need more strength in your shoulders and arms or in your legs.
3. Write down what you plan to do. Include the time, the place, what exercises you will do and for how long.
4. Treat the time you set aside for exercise as if it is just as important as any other obligation you have. If one time is not working well, change times.
5. Keep a record of what you do. It can be as simple as a check on your calendar for every day you exercise. You may want to record more details: the number of minutes you exercised, what you ate, how you felt.
6. Once you reach your goal, change your program. Pick another problem. It is important to know when you've reached your goal and can say "This is right for me".
7. Keep your plan simple. More is not always better. Moving and physical activity should be part of your daily routine. Increase the amount of time you exercise or the intensity, but not both at the same time.
8. If you get discouraged or you are not making as much progress as you would like, talk to someone about it. Change goals or change exercises. Some activities may not work for you.
9. Do not give up if you miss a day or don't feel well on some days. You may have stiff or painful joints but you can do something about it. You can stay active and that will make you feel better.
10. Celebrate the progress you make. Congratulate yourself for following through and moving more.

## SAMPLE PLAN

WHAT IS DIFFICULT FOR ME TO DO?

*Bend down and pick up something after I have dropped it.*

WHAT DO I NEED TO DO TO SOLVE THE PROBLEM?

*Be able to bend at the knee and be strong enough to get back up, be able to grasp something with my fingers and hang on to it.*

MY GOAL IS:

*Lose 5 pounds and be able to walk for 15 minutes without being out of breath.*

THE EXERCISES I WILL DO THIS WEEK ARE:

Flexibility Exercises: On M T W T H F S A ~~S~~

*spine and lower body exercises in "Movement is Medicine" Booklet*

For 15 Minutes What time? *In the morning, about 7am Daily, except Sunday*

Strengthening Exercises: On M T W T H F S A S

*None this week*

For \_\_\_\_\_ Minutes What time? \_\_\_\_\_

Endurance Activity: On (M) T (W) T H (F) S A S

*Take a walk outside*

For 15 Minutes What time? *After lunch, about 12:30pm*

## ACTIVITY PLAN WORKSHEET

WHAT IS DIFFICULT FOR ME TO DO?

WHAT DO I NEED TO DO TO SOLVE THE PROBLEM?

MY GOAL IS:

THE EXERCISES I WILL DO THIS WEEK ARE:

Flexibility Exercises: On M T W TH F SA S

For \_\_\_\_\_ Minutes What time? \_\_\_\_\_

Strengthening Exercises: On M T W TH F SA S

For \_\_\_\_\_ Minutes What time? \_\_\_\_\_

Endurance Activity: On M T W TH F SA S

For \_\_\_\_\_ Minutes What time? \_\_\_\_\_



# NOTES

## USEFUL RESOURCES

- Lorig, Kate and Fries, J. F. "The Arthritis Helpbook: A Tested Self-Management Program for Coping with Your Arthritis" 5<sup>th</sup> Edition. Addison Wesley Publishing, Reading, Massachusetts, 2002.
- Millar, A. Lynn, "Action Plan for Arthritis: Your guide to pain-free movement". American College of Sports Medicine, Indianapolis, Indiana, 2003.
- Nelson, Miriam E., "Strong Women and Men Beat Arthritis". A Perigee Book, Berkley Publishing Group, New York, New York, 2002.

### Arthritis Foundation

A valuable resource for finding out about exercise programs, educational materials, and physician referrals.

**Arthritis Foundation Exercise Program** – A land-based exercise class that encourages participants to progress at their own pace.

**Arthritis Foundation Aquatic Program** – A warm water exercise program that removes stress from painful joints and allows freedom of movement. Participants do not need to know how to swim.

**Arthritis Foundation Self Help Program** - A six week course offering information about pain management, exercise, nutrition, medication, and working with a health care team.

#### **Arthritis Foundation (Indiana Chapter Office)**

Phone: 1-800-783-2342 (Toll Free)

Address: 8660 Guion Rd. Indianapolis IN 46268-3011

Email: [info.in@arthritis.org](mailto:info.in@arthritis.org)

National office website: [www.arthritis.org](http://www.arthritis.org) Click on communities, local offices and Indiana, for Indiana chapter web page.

**Community Based Exercise Programs** Both land and water exercise programs are offered in YM/YWCA's, community centers, health clubs, hospitals, churches and schools throughout the state.



## WEBSITES

<http://www.isma.org> Site for Indiana State Medical Association. Primarily for use by health care providers; does have useful information on joint disease and movement.


<http://www.acsm.org> To locate a professional exercise specialist click on “ProFinder” under the “certification and credentialing” link or click on “health & fitness information” for exercise tips.

<http://www.in.gov/inshape/challenge> The state of Indiana’s website on personal fitness including information on nutrition, physical activity and health tips after 50. Includes the governor’s challenge to get in shape now.

<http://www.niams.nih.gov/> Once on home page, enter arthritis in search box. Provides information from the National Institute of Arthritis and Musculoskeletal and Skin Diseases within the National Institutes of Health. Provides some good fact sheets, and a number of technical and research based publications or

<http://www.niams.nih.gov/hi/topics/arthritis/arthexfs.htm>

<http://www.firststeptoactivehealth.com> Provides assistance for people interested in increasing activity levels.



<http://www.mayoclinic.com> The Arthritis Center within the clinic has a number of articles, videos and other resources on a variety of types of arthritis. Good basic information about joint problems and possible treatments including exercise.

<http://www.rheumatology.org> Website for the American College of Rheumatology (ACR) including information for rheumatologists and patients. Has patient information on a variety of joint-related illnesses.

<http://www.aaos.org> American Academy of Orthopedic Surgeons' website with good patient information and a library. Has option to see material in Spanish.