

World

Arthritis Day

'Time 2 Work'



Which Type of exercises help?

- **Muscle toning** – Static muscle contraction done in the inflammatory stage help in reducing pain reducing swelling and promoting healing
- **Strength training** –low weights(dumbbells / resistance tubes) and body weight exercises are recommended.
- **Flexibility** – Yoga and stretching
- **Aerobic exercise**- cycling and swimming put less strain on the joints. Daily activity should also include walking at a comfortable pace. Gradually increasing pace, time of activity and intensity of activity(speed, inclination) allows the body to adapt and reduces risk of further joint damage.



More about Exercise.....

How does exercise help?

- Maintains ideal body weight
- Enhances mood
- Improves posture
- Builds strength
- Reduces stiffness and pain
- Reduces fatigue
- Maintains / Improves Joint range
- Enhances endurance
- Promotes recovery, if a flare up does happen

Learn About Your Condition

Visit our site for more information on specific condition)

Monitor Pain

This condition has surges and lapses in pain depending on various factors such as physical activity, illness, emotional stress, weather fluctuations.



Good Posture

Sit, stand and move efficiently, so that muscles and joints are equally aligned and negate imbalance.

Keep Moving

Daily stretches and moving joints in full range of motion.



Lifestyle Changes

Eat a balanced and well-nourished diet.



Quit Smoking

Make Exercise your Daily routine. Low impact exercise including walking Cycling Strength training, yoga should be done daily

Rest and Recovery

Overdoing any activity might put strain on the joints and muscles Restrict Activity When in Pain

