

SITTING EXERCISES

Sit in a straight-back chair. Begin your exercise program by performing each of the exercises 5 times with each leg. Each position should be held for 5 to 10 seconds. Perform them carefully and slowly to obtain the maximum benefit.



1. Knee raise. Sit up straight with both feet resting on the floor. Raise one knee so that your foot rises 3 or 4 inches from the floor. Hold for 5 to 10 seconds. Lower your knee. Perform 5 times with each leg.

2. Kick back. Bend your knee so that your foot moves backwards under the chair (your toe may touch the floor if necessary). Hold for 5 to 10 seconds. Return to the starting position. Repeat with your other leg.

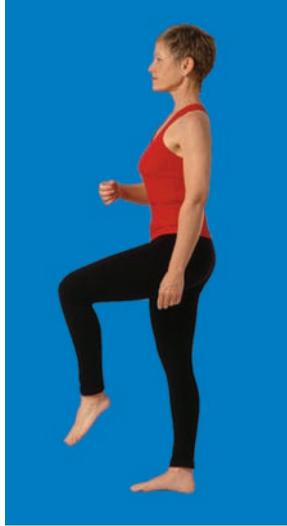
3. Leg raise. Raise your left foot until your leg is as straight as possible. Hold. Slowly lower your foot to the floor. Repeat with your other leg.

Try this with the added resistance of an exercise band tied to one leg of the chair.

4. Push back. Place your feet on the floor with the back of your left heel against the left front leg of your chair. Push back against the chair leg with your left foot. Hold. Repeat with your other foot.

STANDING EXERCISES

Stand up straight in a comfortable position. Use the back of a chair if you need help balancing.



1. March. Raise your left foot from the ground by bending your knee as high as you can. Lower your foot to the floor. Reverse legs. Perform this exercise for 2 minutes as if you were marching in place. To help keep a steady rhythm, you may want to march along to the beat of music.

2. Knee bends. Stand with your feet about one step apart. Place your hands on your hips or use the back of a chair for support. Slightly bend your knees, as if you were going to sit down on a chair, then straighten them. Do not allow your knees to bend more than 90 degrees or to extend beyond your toes. Avoid bending forward at the waist or hips. Move directly up and down. Repeat 10 times.

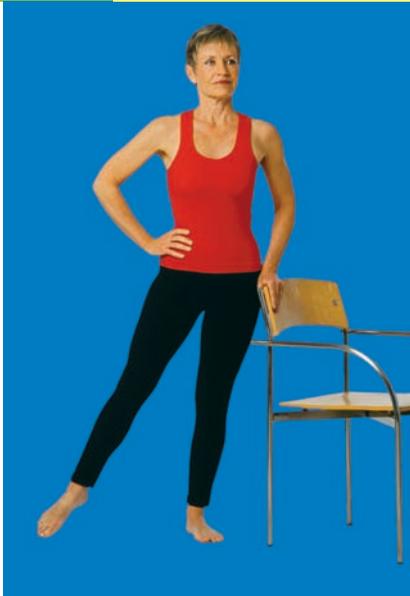
3. Kick forward. Stand straight with your left hand resting on the back of a chair. Move your right leg forward. Use only a hip motion and do not bend at the waist. Hold for 2 or 3 seconds. Return leg to place. Repeat 10 times. Turn and repeat with left leg.

Try this with the added resistance of an exercise band tied to one leg of the chair.



4. Kick back. Stand straight with both hands resting on the back of a chair. Move your left leg back. Hold for 2 or 3 seconds. Return leg to place. Move right leg back. Hold for 2 or 3 seconds. Return leg to place. Repeat 10 times. Use only a hip motion when you do this exercise. Do not bend at the waist.

Try this with the added resistance of an exercise band tied to one leg of the chair.



5. Side kick. Stand straight with your left hand resting on the back of a chair. Move your right leg to the side. Use only a hip motion and do not bend at the waist. Hold for 2 or 3 seconds. Return leg to place. Repeat 10 times. Turn and repeat with left leg. Remember, use only a hip motion when you do this exercise; do not bend at the waist.

Recommended exercise program

A complete exercise program should include a combination of different types of workouts performed on a regular basis—something like the program shown below.

We understand that it can be tough getting started, especially if you're in pain, so start slow and easy. Set goals, think positive, and try to make it enjoyable.

EXERCISE TIP	BENEFIT	HOW OFTEN
Range of motion, flexibility, and stretching	Helps keep joints limber and working as well as possible	Daily, or at least every other day
Strengthening using small free weights, exercise machines, elastic bands, or resistance water exercises	Improves muscle tone; for OA of the knee, research shows that strengthening exercises for the quadriceps (thigh muscles) are the most important	Every other day, as long as there is no swelling of the joint
Aerobic or endurance exercises such as walking, cycling, and swimming	Improves overall fitness and controls weight	20 to 30 minutes 3 times a week, unless you have severe pain or joint swelling

Remember to consult with a health care provider before starting this or any new exercise program.

Exercise Reminders

- Discuss your exercise plans with your health care provider
- Start with supervision from a physical therapist or qualified athletic trainer
- Apply heat to sore joints. (You may find it helpful to put heat on your joints before you begin exercising)
- Begin exercising with stretching, flexibility, and range-of-motion exercises
- Start strengthening exercises slowly with small, light weights (1 or 2 pounds), or exercise bands
- Increase the difficulty of your exercise routine slowly
- Use cold packs on sore joints and muscles after exercising
- Ease off your exercise program and talk with your health care team if your joints become painful, inflamed, or red
- Choose an exercise program that you enjoy and make it a part of your regular routine

The exercises described in this brochure have been adapted from the following sources:

Exercise and Your Arthritis.
Atlanta, Ga: Arthritis Foundation; 2001.

Good Living With Osteoarthritis.
Atlanta, Ga: Arthritis Foundation; 2000.

Sayce V, Fraser I.
Exercise Beats Arthritis.
Boulder, Colo: Bull Publishing Company; 1998.

Sobel D, Klein AC.
Arthritis: What Exercises Work.
New York, NY: St. Martin's Press; 1993.