



Exercise Beats Arthritis

Prepared by Therapy Professionals Ltd

How does exercise help a joint?

Exercise is our natural oiling can. We oil our joints by moving them.

When the tissues surrounding a joint or covering a joint surface become damaged or inflamed, our first instinct is to rest that joint. In acute stages rest is usually recommended. Pain relief at any stage enables us to keep the joint moving and well oiled.

Joint movement also gives the surrounding muscles and tendons, the chance to stay strong and flexible. These muscles and tendons are important joint movers and protectors.

What about the rest of your body?

Any painful or stiff joint, large or small, affects your whole sense of wellbeing. You can lose fitness very quickly. You are sore, your balance is disturbed and you lose your normal punch.

What exercises are right for you?

Exercises that put some healthy stress on the joints are:

- Weight bearing – standing and transferring weight.
- Using resistance – with weights, or climbing stairs and hills
- Stretching muscles and tendons

Also exercises for overall wellbeing:

- Aerobic fitness and endurance
- Strength, balance and posture
- Falls prevention

Whatever you require, exercises need to be:

- safe
- effective
- enjoyable



Therapy Professionals Ltd's physiotherapists conduct Arthritis New Zealand's exercise classes in Christchurch. Weight bearing is encouraged, people go at their own pace and chairs are available for those who wish to sit all or some of the time. Music is carefully chosen and exercises are choreographed to give variety and pleasure while moving all joints. The groups are supportive, friendly and the groups are planned to cater for all levels of fitness.

A physiotherapist is available to answer your questions.

Pool exercises with water to help the movement are useful.

Times and venues for classes are available from:

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