



## Beat Morning Stiffness

If you have arthritis you will probably find it difficult to get moving in the mornings. You're not alone. Early morning stiffness in the joints is common for people with Arthritis. It pays to wake your joints and muscles up slowly before you rise in the morning. Our friendly Physiotherapists suggest you try this daily routine before getting up in the morning

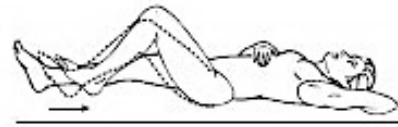
Do each of these exercises **6 times** in this order.

### While still in bed:

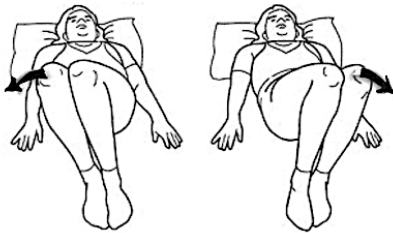
1. Wiggle your feet up and down vigorously



2. Bend your legs up and down, one at a time



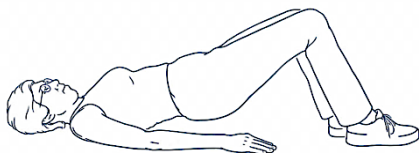
3. With both knees bent, rock gently from side to side.



4. Stretch both arms above your head (if necessary help weaker arm with stronger one).



5. Lie on your back with knees bent, lift your bottom off the bed



### While sitting on the edge of the bed:

6. Straighten each leg one at a time



7. Tuck chin in gently, turn your head to look over your right shoulder. Repeat on your other side.



Get onto your feet, PAUSE, and get your balance before continuing with your day.

These exercises will help your joints and muscles ease into the day.

Take it easy when you change from lying to sitting or sitting to standing as you experience dizziness, which can result from rapid changes of position – lying to standing or sitting to standing.

*Make a point of moving regularly during the day.*

If you wish to have some additional advice on managing your Arthritis, our friendly Physio's can help.

**Just contact us: Ph:** 03 3775280

**Email:** [admin@tpl.nz](mailto:admin@tpl.nz)

*Compiled for you by our friendly physio's.*

*Therapy Professionals Ltd, PO Box 7807, Christchurch 8240 Phone: (03) 377 5280 Fax: (03) 377 5281  
Email: [admin@tpl.nz](mailto:admin@tpl.nz) Website: [www.therapyprofessionals.co.nz](http://www.therapyprofessionals.co.nz)*