



## Exercise Beats Arthritis

Therapy Professionals Ltd has a long tradition of helping people to maintain and improve their fitness. Their team of physiotherapists, occupational therapists, dietitians, music therapists and speech language therapists, all contribute their special skills to helping people increase their feeling of wellbeing.

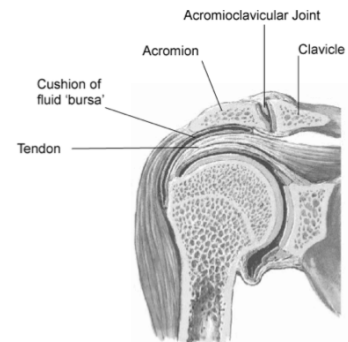
Arthritis is no longer just a disease of ageing. According to a new report commissioned by Arthritis New Zealand one in six people aged over 15 has arthritis and the figure is expected to increase by 2020.

As specialists in physical exercises the physios recommend for people of all ages joints will benefit from exercise. Commonly asked questions are as follows:

### How does exercise help our joints?

Exercise:

- keeps our joints well-oiled
- keeps joint surfaces healthy
- strengthens and stretches the surrounding muscles and tendons, used to move our joints and prevent the joint from injury.



Shoulder joint

### When a joint is damaged or inflamed

Rest it briefly, however we need to move the joint again as quickly as possible. Medication for pain relief or moving under water helps us keep moving the painful joint.



### What about the rest of your body?

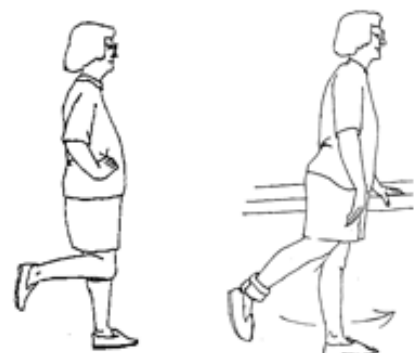
A painful or stiff joint, even a very small joint can upset you:

- sense of wellbeing
- general fitness
- balance.

### What exercises are right for you?

Exercises that put healthy stress on joints are:

- Weight bearing
  - *standing and transferring weight, especially walking (not swimming or cycling)*

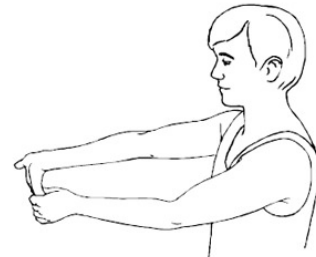


- Using resistance

- exercise with weights, climbing stairs, hills and walking against a current in water  
housework, gardening



- Stretching muscles and tendons



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### Exercises for overall wellbeing:

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

### Whatever you require exercises need to be:

- Safe
- Effective
- Enjoyable



### Pool:

Pool exercises with water to help movement are useful.

- Burwood Hospital (03) 383 6836
- Aqua Gym (03) 381 0299
- Graham Condon Centre (03) 941 6888

for more information about their pool exercise programmes

If you are struggling to exercise, Therapy Professionals friendly physiotherapists are available to assess your needs and provide you with a personal exercise plan for your Arthritis. Just contact us:

**Phone:** (03) 377 5280.  
**Email:** admin@tpl.nz

