



Winter Aches and Pains



The cold winter weather is here! Many of our arthritic aches and pains will be worse than ever, in our joints. Unfortunately it doesn't help that when it's cold we tend to do less exercise. This lack of exercise makes our arthritic joints even stiffer.

To stop our painful, stiff arthritic joints from seizing up completely, we need to exercise them. During long cold days spent inside, with our heads deep in a book or binge watching TV, it can be hard to exercise. However we need to break up these days with a little exercise because exercise helps oil the joints and reduces the stiffness. The added advantage of a little exercise is it's good for the rest of our body and our mind. Here are few tips from our friendly physiotherapists:

- Get up out of your chair every half hour, straighten your knees, stand tall and gently stretch your back.



Hold for 10 seconds



- Stand and sit, 10 times in a row, in a controlled, slow way, several times a day.

- Do leg strengthening exercises.



- Walk on tip toes around the house.
- Bend your knees (with feet well apart) while doing the dishes.
- To encourage you to get up, have your phone and TV remote out of reach, but not so far that you have to rush to get them (we don't want you falling!).

These are just some ideas to help keep you and your joints moving over the winter. If you want to do more try:

- going for a daily walk
- the gym
- an exercise class

If this seems too much, how about putting your phone and TV remote a few steps away from your chair and getting up and walking around the house every hour.

Remember the Rule of thumb – move whenever you can

If you need any further assistance to keep your stiff joints moving just contact Therapy Professionals our friendly Physiotherapist can help.

Just contact us at Therapy Professionals Ltd

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