

# Exercise Tips for Arthritis

## Decrease the stress on your joints

- Break up your activity into smaller amounts of time, e.g. three 10-minute walks rather than one 30-minute walk.
- Choose activities that are easier on your joints, e.g. water exercises, cycling and walking with poles.
- Wear shoes with good support.
- Start with what you know you can do with no pain. Slowly add more activity.

## Keep your joints moving

- Move your joint through its range of motion daily.
- Stretch tight muscles, holding the stretch for 20 – 30 seconds. Repeat several times throughout the day.

## Strengthen the muscles around your sore joints

- Use gravity, tubing or weights for resistance.
- Aim for 8 repetitions of an exercise and set goals to slowly increase to 15-20 repetitions, 1-2 times per day. Breathe and control your movements. Your muscle should feel tired by the last movement.
- Try 2-3 strengthening sessions per week. Take a day off after strengthening.
- Do not progress too quickly; make your activity harder every 2 weeks if it is going well.

## Pay attention to your pain

- You may have more pain during exercise, which should lessen within a few hours of completing the activity. If you have high levels of pain, or your joint pain lasts in to the next day, modify your exercise. Keep a record and stay active but do less the next time you exercise, or choose a different activity.

## Remember to . . .

- Warm up before exercise and cool down afterwards.
- Consult a physiotherapist for specific exercise advice.

## Did you know . . . ?

- You should be active for 2.5 hours every week.
- You should aim for 10 min of activity at a time.
- During activity you want to feel that you are breathing harder and your heart rate is increasing.
- For best health, you should be active every day!

Source: Canadian Physical Activity Guidelines, [www.csep.ca](http://www.csep.ca)



## Community Resources

- Physical Activity Service **8-1-1**
- OASIS <https://www.vch.ca/en/exercise-osteoarthritis>
- The Arthritis Society [www.arthritis.ca](http://www.arthritis.ca)
- Choose to Move Program <https://www.choosetomove.ca/>
- GLA:D Canada <http://gladcanada.ca/>
- [ABC Fitness Group](#): Vancouver Parks (Hillcrest, Trout Lake, Douglas Park, Kensington, False Creek)  
[kate.lee@vancouver.ca](mailto:kate.lee@vancouver.ca)

Find on Facebook and ask to be a member:

<https://www.facebook.com/groups/659684674242215/>

- Find a physio [www.bcphysio.org](http://www.bcphysio.org)
- Your local recreation centre

## Notes: