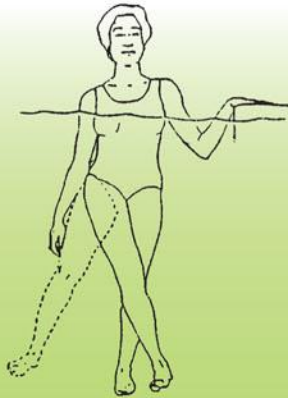


Hip Side Swings



Calf and Toe Raises

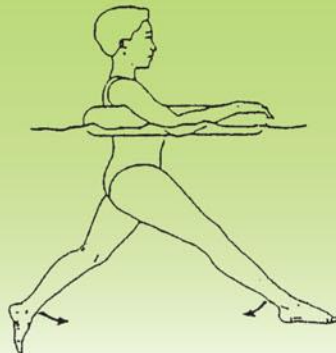
Noodle / Floater Exercises

Using a noodle/ floater behind your back and under your arms to support yourself, try doing the following exercises:

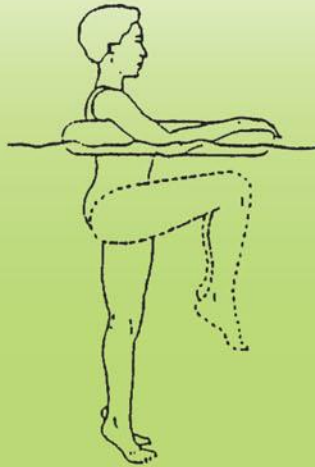
Bicycling



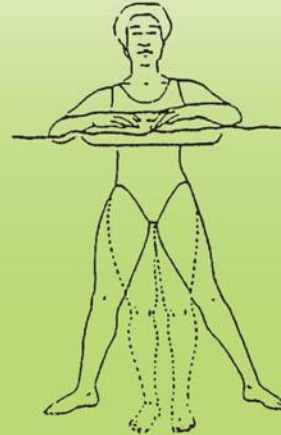
Cross country Skiing



Double knee lift ups



Legs out and in to the side.



Arthritis Hurts

Talking helps

Don't suffer in silence

Nairobi Arthritis Clinic.

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NAIROBI ARTHRITIS CLINIC

Prof. Omondi Oyoo & Associates
CONSULTING PHYSICIANS AND RHEUMATOLOGISTS

WATER EXERCISE FOR OSTEOARTHRITIS

KNEES AND HIPS

Exercise in water is beneficial for osteoarthritis because the buoyancy of water relieves stress on the weight bearing joints - hips, knees and lumbar spine. The purpose of the exercises is to improve range of movement and strengthen the muscles that support the joints. In Osteoarthritis, often the hamstring muscles (behind the knee) are tight and it is important to stretch these muscles, and strengthen the quadriceps muscles (on the front of the thigh).

Please do the exercises with both legs even if its only one leg that is troubling you. It is also good to include exercises for other parts of the body to maintain flexibility and strength. Work so that you are in chest deep water to benefit from buoyancy, and keep the moving parts in water.

Start the exercises gradually doing only about 10 repetitions. As your strength improves gradually increase the number of repetitions up to 15 - 20 repetitions done in 3 sets 3 times a week. Another way to increase the difficulty is to speed up the movements through the water, but be careful that you do not lose range of movement because you are moving fast.

March

Lifting knees up with each step. Swing right arm forward with left knee lift, but do not break the surface of the water.

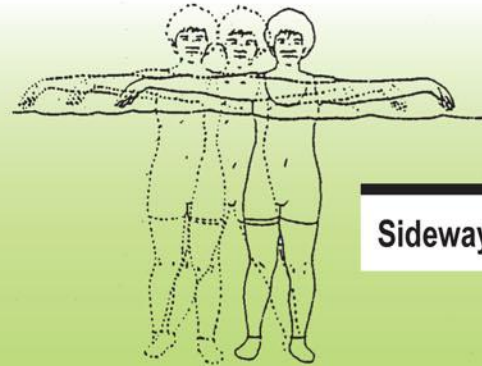
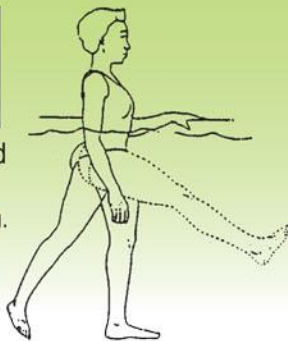


Straight Leg March across pool

Take brisk steps across the pool as you do when walking. Caution: If you have low back problems avoid lifting your leg above hip level.

Straight Leg Swings

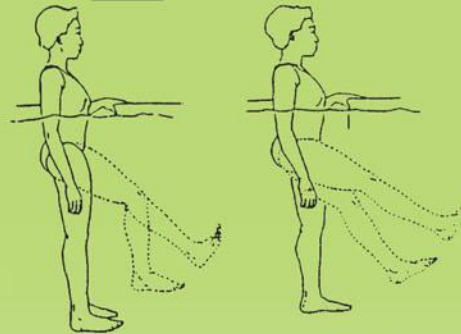
Swing your straight leg forward and back
Keep tummy tight and tail tucked in.
Raise leg Forward
Raise leg sideways
Raise leg backward



Sideways Walk

Walk along the pool with your arms outstretched.

Single Leg Bicycle



Lift the knee and then straighten the leg forward.

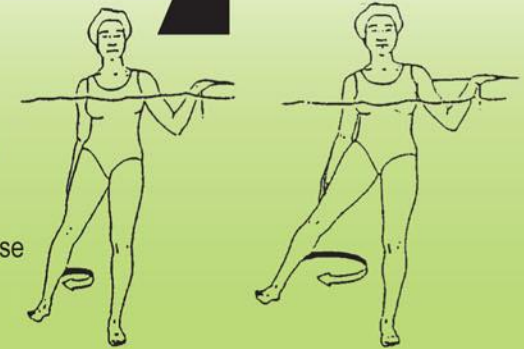
Double Knee Squats

Hold on to the pool's edge
Bend both knees to be in a comfortable squatting position.



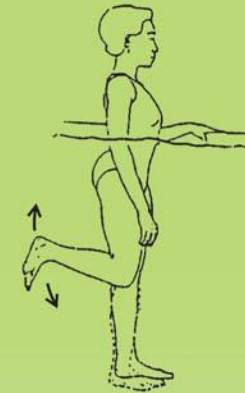
Straight leg circles to side from the hip

Follow movement clockwise and anticlockwise



Bend your knees, heel to buttock

To avoid cramps let buoyancy help.



Hip Swings

Lift the knee
In that position swing the leg clockwise and anticlockwise

