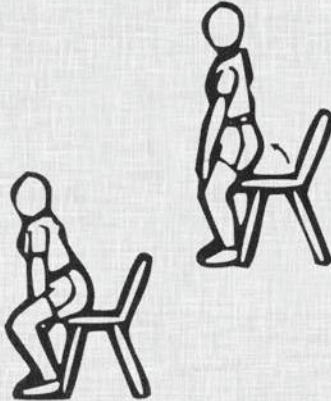


Exercises 8, 9 & 10 are designed for those who are able to stand and walk either with or without a walking aid. It is advisable to use your kitchen counter or table for support whilst carrying out these exercises.

8.

Sitting on the edge of a chair, stand up trying not to use your hands.



9.

Straighten your knee as much as you can and allow it to bend back as far as you can.



10.

Step up and down on a small step (or the bottom stair).



If your joints become hot and inflamed, ice may help relieve the pain and inflammation. Apply a packet of frozen peas or a cold pack wrapped in a damp cloth to the painful area.

Aching muscles and joints can be eased by warmth. Try a hot water bottle (with warm water, **not boiling water**) wrapped in a towel and placed over the area for up to 20 minutes. Alternatively, have a warm bath or shower.

Regular exercise in the form of swimming or walking can be helpful. Also try to fit in a half hour rest period each day if possible.

Always wear shoes which are wide enough for you. A soft top is more comfortable. However, try to avoid wearing slippers around the house as they do not support your feet.

***** Neck exercises should only be done after consulting with a physiotherapist.**

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Don't suffer in silence

NAIROBI ARTHRITIS CLINIC

Prof. Omondi Oyoo & Associates
CONSULTING PHYSICIANS AND RHEUMATOLOGISTS

Exercises in Rheumatoid Arthritis

Goal: To increase the range of motion

This exercise programme is designed to improve movement & help prevent stiffening of your joints. Each exercise should be repeated 5 - 10 times, and performed twice a day unless otherwise discussed with your doctor or physiotherapist.

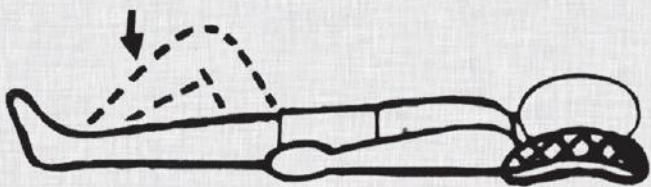
1.

Lie on back, legs out straight. Keeping your heels down, pull your feet up towards you. Tighten your thigh muscles (quadriceps). Hold for five seconds and relax.



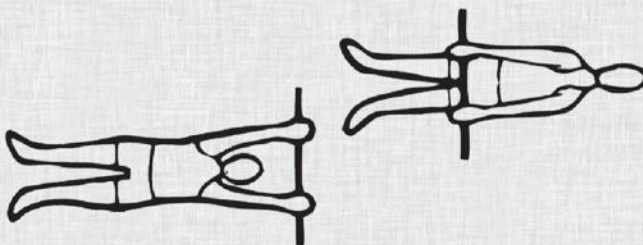
2.

Lie on back, legs out straight. Slide the right heel along the bed towards you, bending the knee. Then straighten it. Repeat with the left heel.



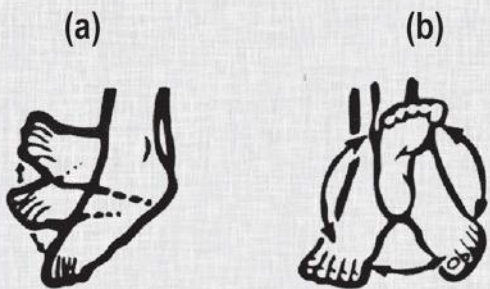
4.

Lie on your back and hold a stick in both hands. Keeping your elbows straight, lift the stick above your head as far as you can.



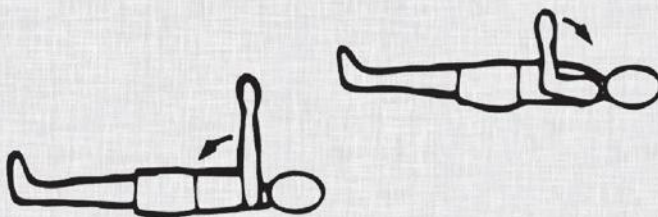
3.

Lie on your back with your legs straight.
(a) Bend and stretch your ankles.
(b) Circle your feet (inwards).



5.

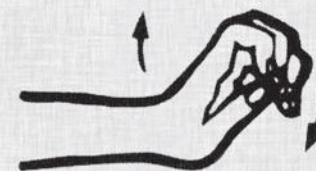
Lie on your back, sit or stand. Bend your elbows to touch your shoulders with your fingers. Then stretch your arms out to straighten your elbows.



Wrist and Hand Exercises (Done while sitting with your forearms supported on a table or arm of a chair).

6.

Lift wrists back and relax down.



7.

Make a fist as indicated in (a). Then release and stretch our your fingers as indicated in (b).

