

HEALTH AND WELLBEING

OSTEOARTHRITIS



General notes for Osteoarthritis – Encourage active daily living. Try to also include another form of light exercise a few times a week that you enjoy. This could be walking, light yoga or swimming. If you chose to do any other exercise as well as this plan, then avoid any movements that lock the joints out or any over stretching.

EXERCISE	TIME/LEVEL	NOTES
<p>Warm Up:</p> <ul style="list-style-type: none"> • Marching on the spot • Shoulder Rolls • Side Steps • Forward Punches • High Knee March • Bodyweight Squats • Point and flex the foot • Ankle Rotations • High Knee March 	<p>1 minute each exercise.</p>	<p>The warm-up should be gradual and slowly increase the intensity throughout. At the end you want to the whole body to feel warm, so you are ready to exercise.</p> <p>Make sure you don't lock your joints out and stretching is kept at a light level, no over stretching to cause discomfort.</p> <p>Forward Punches – Do not lock arms out.</p> <p>Squats – Feet hip width part, chest up and go as low down as you feel comfortable with.</p>
<p>Main Section:</p> <p>Circuit One:</p> <ul style="list-style-type: none"> • Step Ups • Bunny Steps • Squats 	<p>20 reps (10 leading with the left foot and then 10 with the right foot leading).</p> <p>20 reps.</p> <p>10 reps.</p> <p>12 reps.</p> <p>12 reps (6 each leg).</p> <p>12 reps.</p>	<p>Step Ups – Use the bottom step of the stairs in your house and step up and down. Go at your own pace with this.</p> <p>Bunny Steps – Pretend there is a marker on the floor that you have to 'step' over. Step over the marker from side to side, make the step as big or as small as you feel comfortable with.</p>



Circuit Two:

- Side Raises
- Heel Flicks
- Bicep Curl

Cool Down:

- Quadricep Stretch
- Hamstring Stretch
- Torso Twist
- Chest Stretch
- Shoulder Stretch

Do not lock out joints, always keep a slight bend.

Repeat circuits once all the way through. As time goes on if you wish to progress then you can repeat the circuit a maximum of three times.

It is important to work at your own level.

Hold all stretches for a minimum of 20 seconds on each side.

These stretches should be done lightly and not to the point of over stretching/causing discomfort.

Squats – Feet hip width apart and keep the head and chest up throughout the move. Lower down as far as you feel comfortable into the squat and slowly come back to standing.

Side Raises – Have your hands down by your side and feet hip width apart. Slowly raise both arms out to the side, lifting no higher than shoulders and then slowly bring the arms back down by your side. This should be a controlled move.

Heel Flicks – Keep your upper body straight, with your shoulders back, (pick a point to focus on in front of you so you do not keep looking down). Alternating bringing one foot up and behind to meet the hips/butt. This should be slow and controlled with the aim being to increase movement in the hips and knees.

Bicep Curl – Stand feet hip width apart and keep the elbows tucked into the body. Start with arms straight down and palms facing forward, then bend at the elbow to bring the hand towards the shoulder and slowly release back down.

Quadricep Stretch - Stand up, lift your right foot, and grasp it with your right hand. If this is too much you can hold the lower leg or shoe. Pull the foot toward your butt, hold, and repeat with the left foot.

Hamstring Stretch – Take a big step forward, make sure the leg at the front has a slight bend and the back leg is straight. You should feel this stretch in the hamstring of the back leg, if you can't feel it, bend the front leg slightly more.



Torso Twist – Start with your hands down by your side and keep your head facing forward throughout the move. Swing your arms from side to side and wrap them around the hips. The aim here is to remove any tension that may be in the back.

Chest Stretch – Place the palm of your hands on to the base of your back then look up, chest out and squeeze the shoulders blades together.

Shoulder Stretch – Bring the right arm straight out in front then bring it across the front of the body. Grab hold of the arm with your left arm so it doesn't move and pull the arm close, so you feel the stretch in your shoulder.

Training Disclaimer: As with any form of exercise there is a risk of injury that may and could occur. By following this exercise plan, you acknowledge that you are happy and fully agree to take part in this exercise routine. In addition, by following this exercise plan you agree to take part in any activities at your own risk and Derby County Community Trust will not be liable for any injuries that may occur during any session.