

# RHEUMATOID ARTHRITIS



**General notes for Rheumatoid Arthritis** - If there is a flare up you must rest from exercise but try to keep moving. A small walk or gentle mobility would be perfect. Ensure body is supported with appropriate supportive footwear.

EXERCISE	TIME/LEVEL	NOTES
<p><b>Warm Up:</b></p> <p><b>In Chair:</b></p> <ul style="list-style-type: none"> <li>• Shoulder Rolls</li> <li>• Arm Swings</li> <li>• Forward Punches</li> <li>• Wrist Circles</li> <li>• Ankle Circles</li> <li>• Heel Taps</li> <li>• Toe Taps</li> </ul> <p><b>Standing:</b></p> <ul style="list-style-type: none"> <li>• Marching</li> <li>• Side Taps</li> <li>• Heel/Toe Tap</li> <li>• Marching</li> </ul>	<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>

**Main Section:**

**Round One:**

- Star Steps/Jumps
- Sit to Stand
- Truck Drivers

**Round Two:**

- Jog on the Spot
- Forward Punches
- Wall Press Ups

**Round Two:**

- Feet Taps (Wide to Narrow)
- Trunk Twists
- Speed Ball

30 seconds each exercise, followed by 30 second rest between exercises.

Repeat each round 3 times before moving to the following round.

Rest for 1-2 minutes in between rounds.

**Star Steps/Jumps** – Feet move out wide, arms go above the head and then back down to the sides whilst the legs move back in neutral, then repeat.

**Sit to Stand** – Sitting on chair then standing up, then repeat. To progress do a squat whilst holding onto the back of the chair.

**Truck Drivers** – Arms out in front level with shoulders, imagine holding a steering wheel, then turn the wheel side to side.

**Jog on Spot** – Light touches with the ball of the feet, jog on the spot.

**Forward Punches** – One hand punching out at a time in line with your shoulders.

**Wall Press Ups** – Stand against a wall, press hands against it in line with shoulders, take a step back and lower arms and face to walk by bending elbows, then extend arms straight to repeat.

**Feet Taps** – In chair, tap both feet next to each other, then tap wide and repeat quickly.

**Trunk Twists** – Sat down with knees up, leaning slightly back, rotate side to side so the elbows are going towards the floor.

**Speedball** – Hands going over each other in a circular motion, as quick as possible.

**Cool Down:**

- Quadricep Stretch
- Hamstring Stretch
- Chest Stretch
- Shoulder Stretch

**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.**

**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.

**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.