

Move Better, Hurt Less: Everyday Tips for Joint Health

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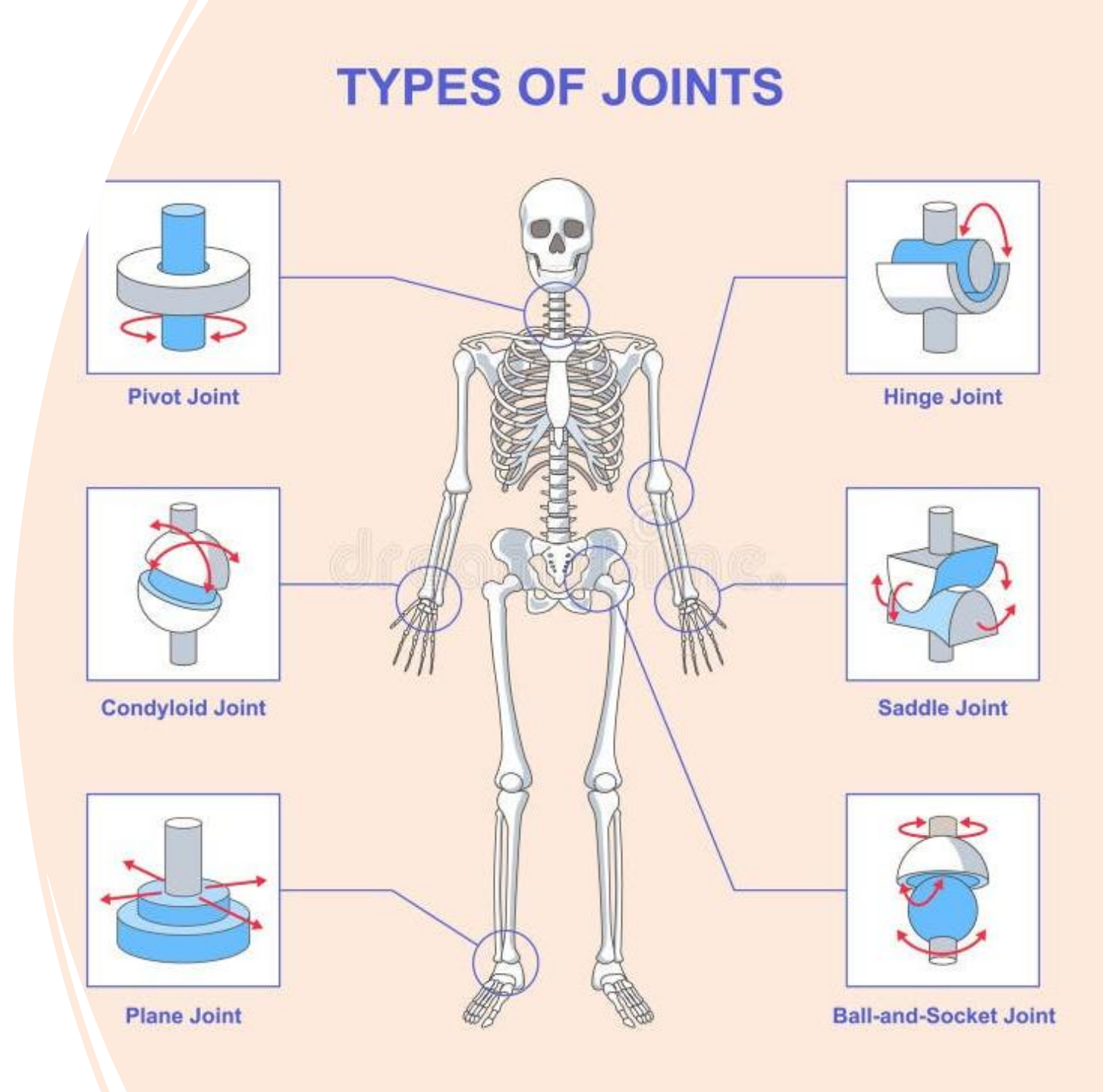
and

Gabe Pieschl SPT



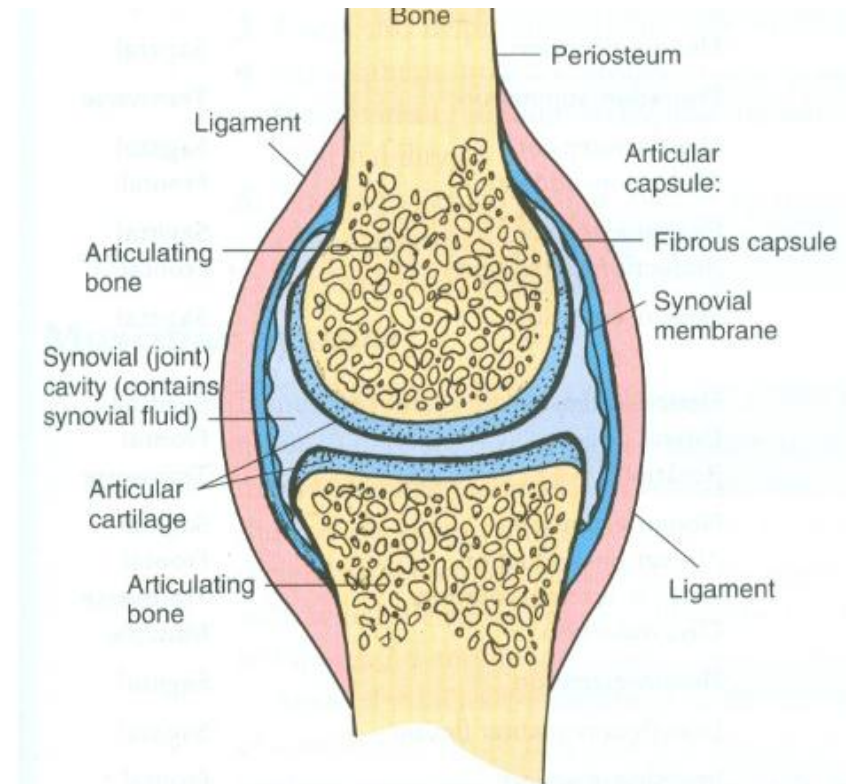
What is a Joint

- Joints connect bones and are cushioned by cartilage and fluid



How Joints Stay Healthy

- Movement helps synovial fluid circulate
 - "oil" for the joint
- Muscles absorb impact and load on the joints
- Balanced activity prevents stiffness



Arthritis

ARTHRITIC KNEE



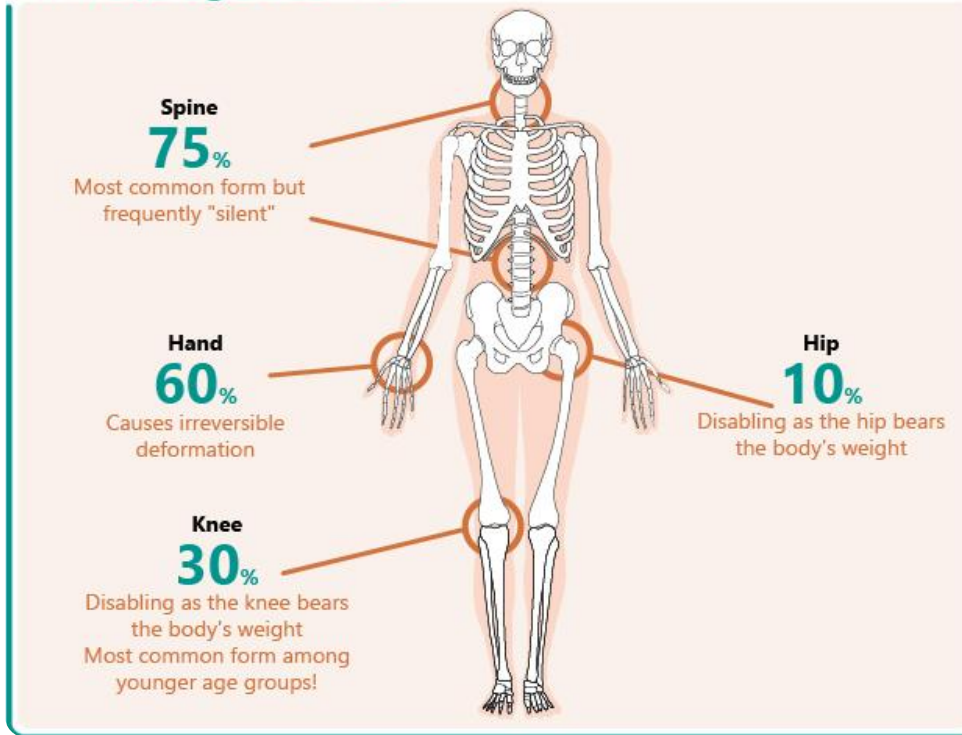
HEALTHY KNEE



- Swelling and tenderness of one or more joints
- Different types of arthritis:
 - Osteoarthritis
 - Rheumatoid arthritis
 - Juvenile arthritis

Most Common Joints Affected

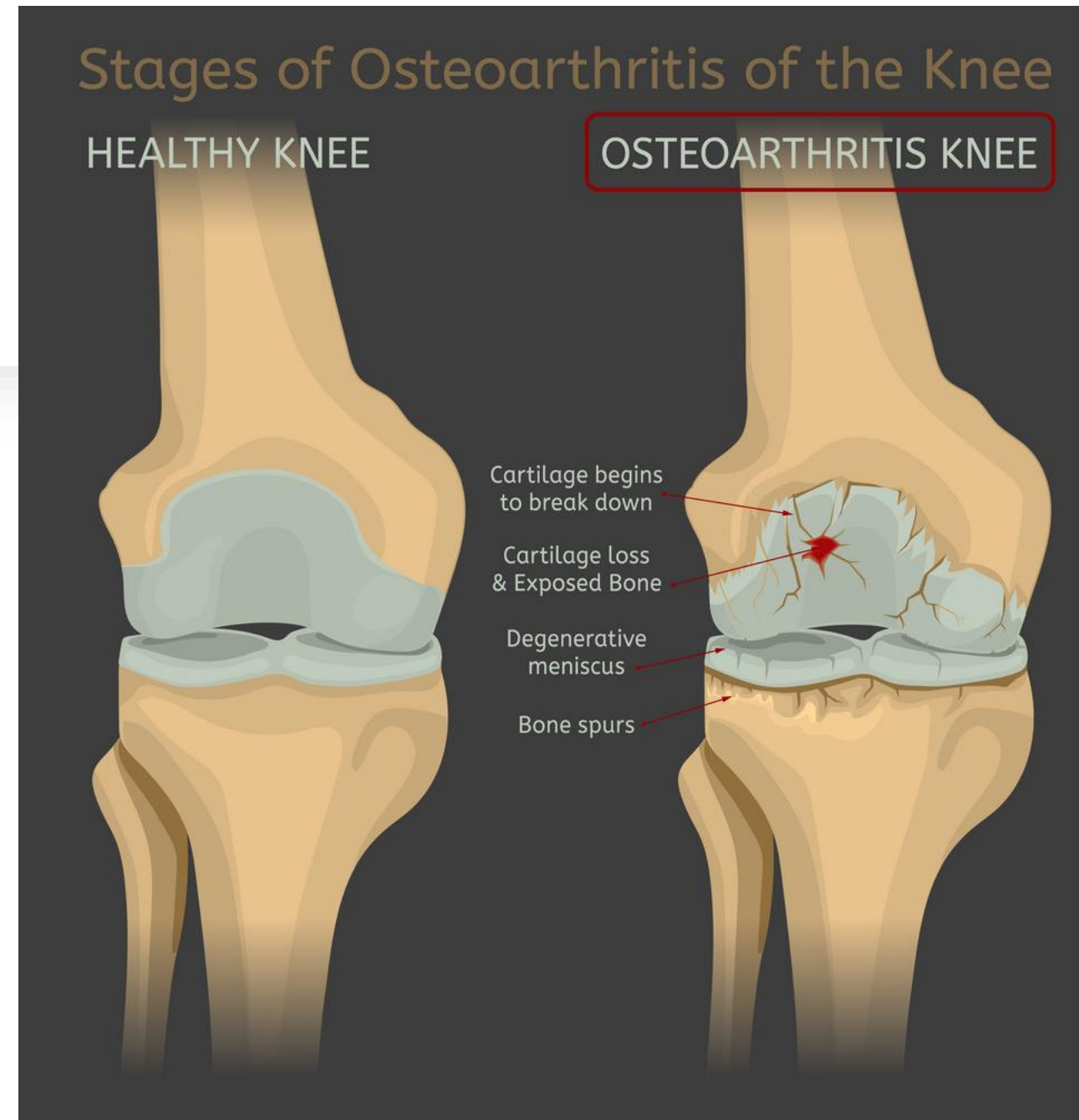
Frequency of osteoarthritis in those aged 65-75



- Spine
- Hand
- Knee
- Hip
 - Prior injuries increase risk
 - Overuse or repetitive activities increase risk

Why Joint Health Matters

- As we age, it is more likely that we get arthritis
 - 29% of individuals 50-64 years of age have arthritis
 - 44% of individuals 65-74 years of age have arthritis
 - 54% of individuals 75+ years of age have arthritis





Myths about the Joints

- Running is bad for the knees
 - Research shows running doesn't increase risk of arthritis
- Weight lifting is bad for the joints
 - Strengthening helps unload the joints

Risk Factors for Arthritis

Natural wear and tear

Previous joint injury

Repetitive use

Increased weight

Prolonged positioning

Movement is Key

- Prolonged sitting causes:
 - Decreased fluid circulation
 - Increased joint stiffness
- Movement throughout the day
 - 6,000 steps a day
 - Around 1 hour of walking daily
 - 1,000-2,000 increase can be very helpful
 - Break up sitting
 - Don't sit for longer than one hour
 - Move for 3-5 minutes every time you stand up



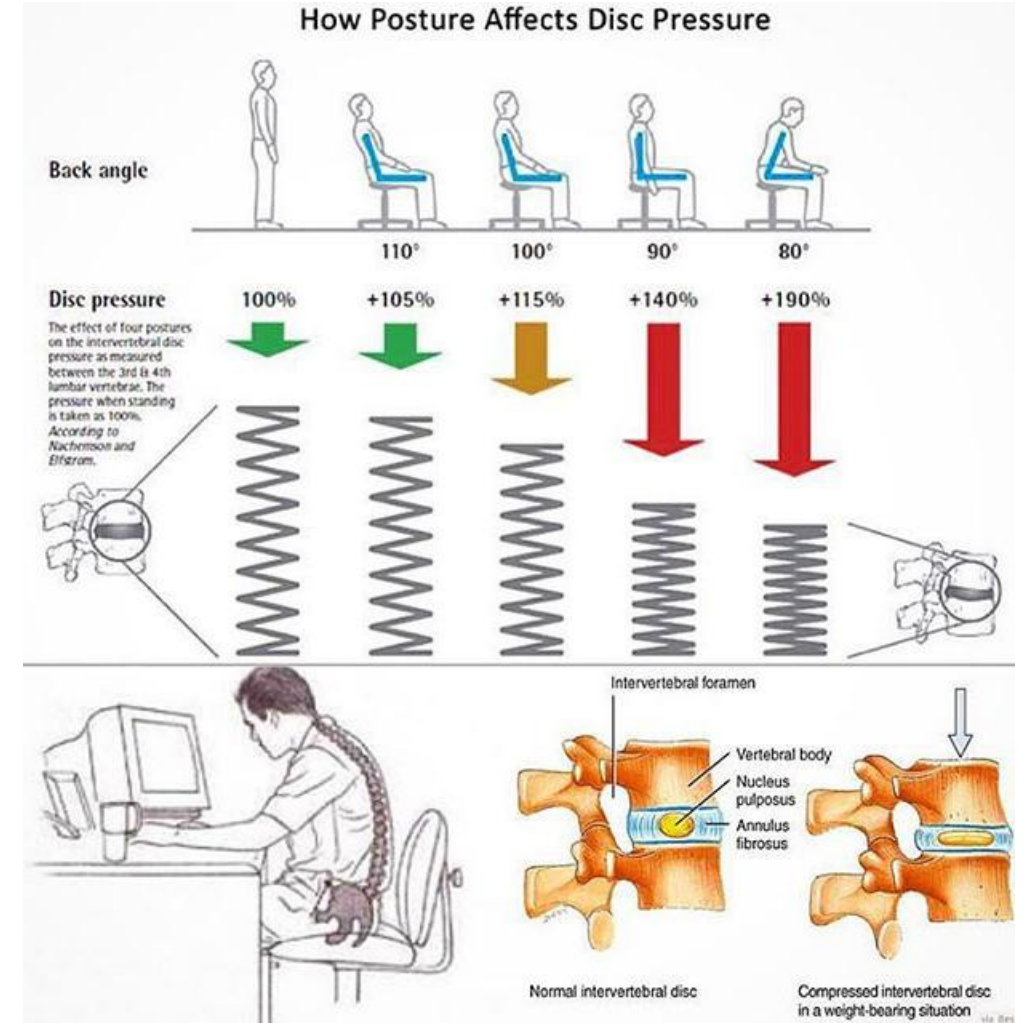
Movement for Joint Health



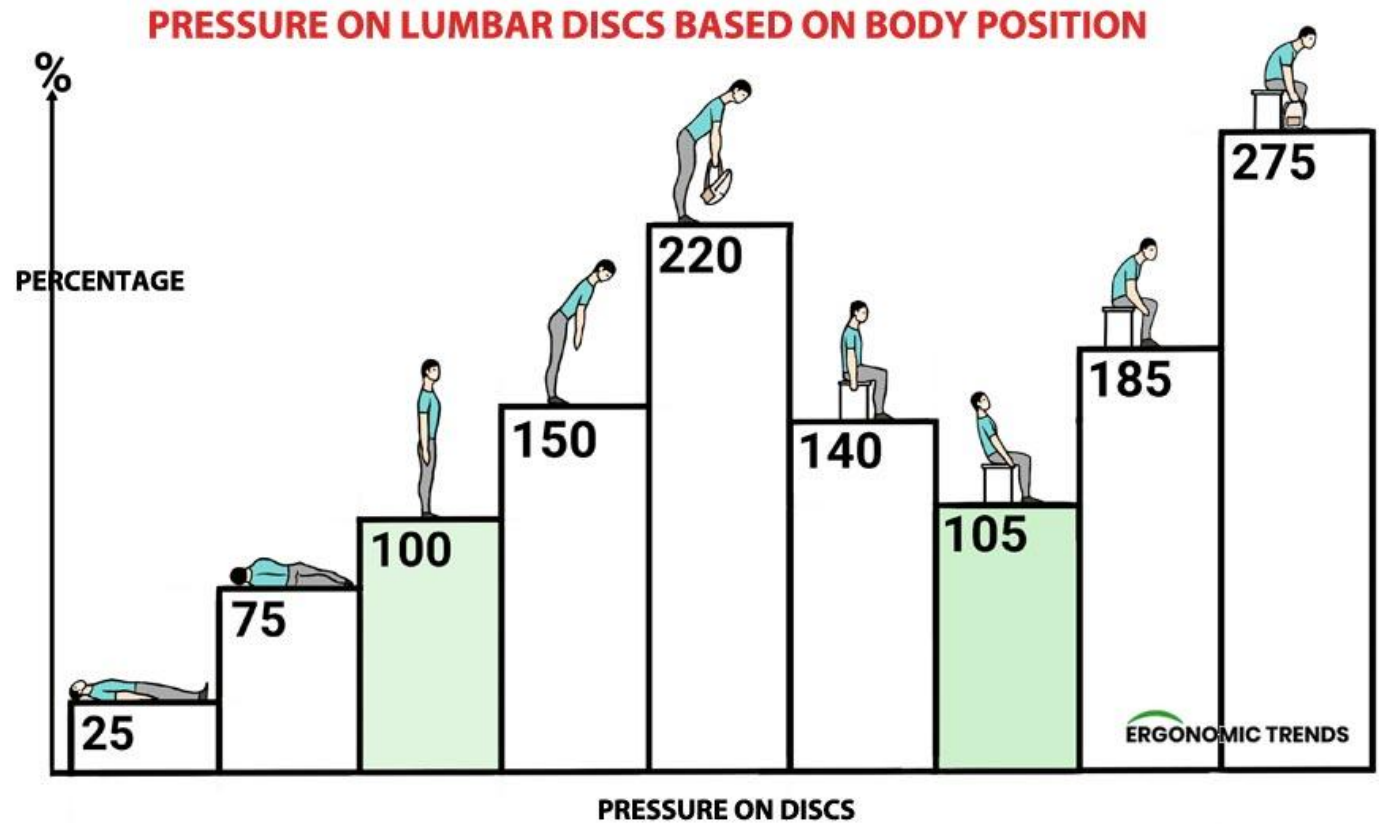
- Walking
- Strength training
- Cycling
- Water aerobics

How Does Posture Affect the Joints?

- Good posture distributes the load evenly
- Slouching increases pressure on head, neck, and spine



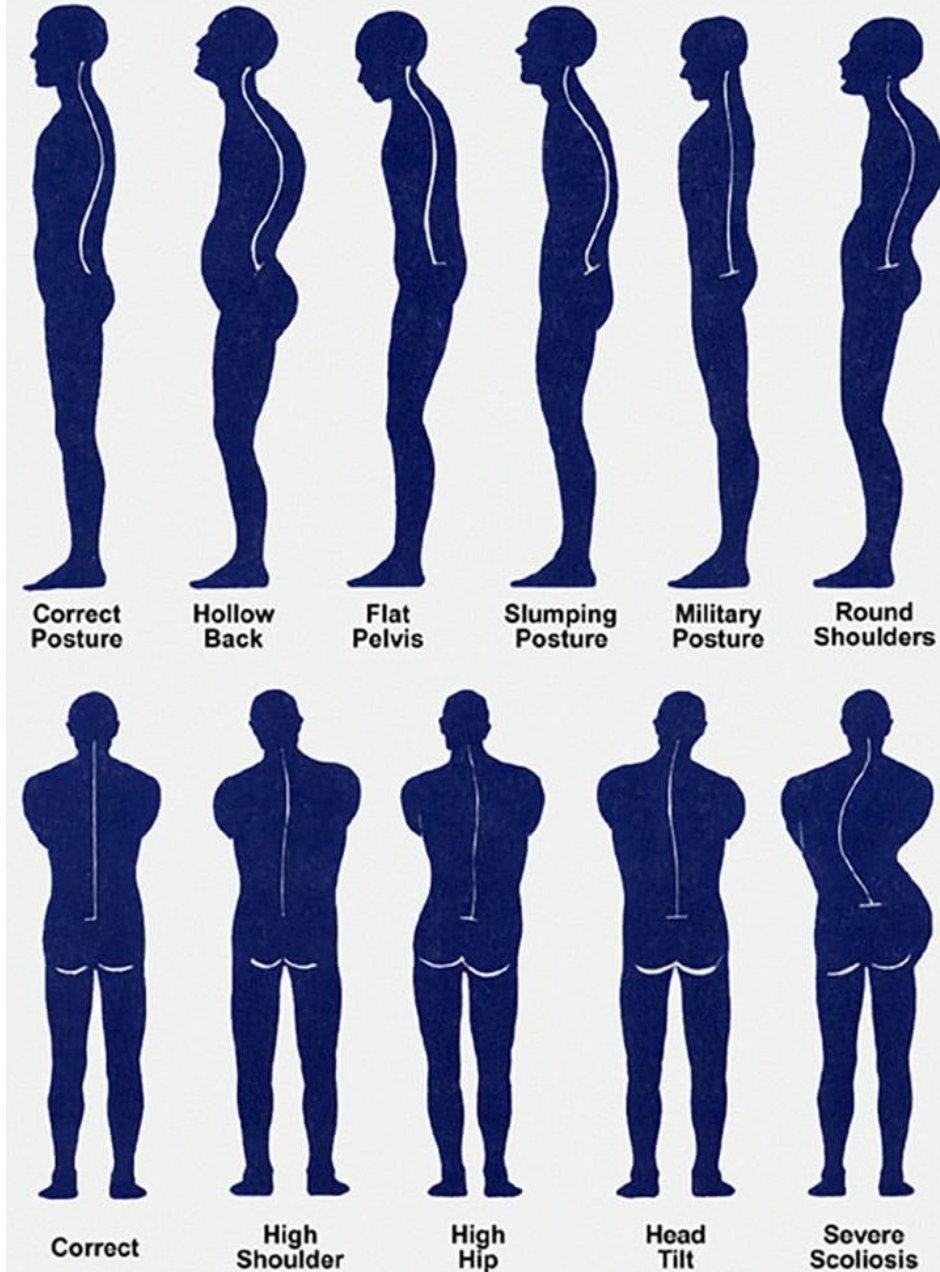
Posture Affecting Joints Cont.



Be Proactive with Posture

- Keep shoulders relaxed and keep the head up when standing or sitting
- Keep weight evenly dispersed when standing
- Have feet flat on the floor

Different Kinds of Posture



A Few Exercises to Consider:

- Remember **not all of these exercises may be right for you**. If an exercise hurts (beyond mild discomfort); aren't sure you're doing it right; makes you feel like you're imbalanced; or just doesn't feel right – **don't do it.**

Sink Squats

Bent Knee Hip Extensions

Heel Raises

Standing, Back at Wall

Shoulder Flexion, Hands Clasped

Three Way Hip Motions

Sink Squats



While standing with feet about shoulder width apart, stand in front of sink or similar sturdy object that you can hold onto, then squat as pictured, holding firmly onto the sink. Your hips should move backwards and your knees should remain over your feet, not move in front of feet. Do 10-15 repetitions per set. Do 2-3 sets per session. Do daily.

Standing, Back at Wall



Stand with back to wall with hips and shoulders touching the wall and back of head as close to wall as possible while looking forward. Extend arms out with back of hands touching wall. Hold this position for 30 seconds to 3 minutes per set. Do 1-3 sets per session. Do daily.

Bent Knee Hip Extensions



Standing at counter for support on one foot with a slight bend in stance leg. Bend other knee to 90 degrees so your shin is parallel with the ground. Keeping trunk upright, move leg backwards at the hip keeping the knee bent the entire time. Do 12-20 times per set per leg. Do 1-3 sets per session. Do daily.

Shoulder Flexion, Hands Clasped



While sitting in a chair without your back touching the chair, clasp your hands together and slowly raise it up upwards towards overhead maintaining upright posture. Hold for 2-5 seconds then lower back down. Do 12-25 times per set. Do 1-3 sets per session. Do daily.

Heel Raises



Stand next to a sink or counter and hover your hands in case you need to hold on for balance. Raise up onto the tips of your toes and raise your heels off the floor. Hold for 2-5 seconds then slowly lower down. Do 10-30 times per set. Do 1-3 sets per session. Do daily.

Three Way Hip Motions



*** Use support of chair/wall/stable surface if needed. ***

Start in normal standing position. Keeping leg straight move your leg 12-16 inches A) forward B) out to the side C) backward making sure to come back to start position between movements. Be sure to keep your toes pointing forward regardless of direction you are moving. Do 10-20 times per set per direction per leg. Do 1-3 sets per session. Do daily.

Key Points



Movement is good for
the joints



Don't sit for long
periods of time



Try to do some form of
exercise daily

QUESTIONS

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