


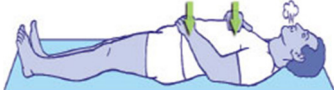


Incipient osteoarthritis

Exercises to maintain joint function

Information sheets 1

Basic general exercises

exercise 1 Overall flexibility of the spine	exercise 2 Position of kneeling on one knee	exercise 3 Stretching in a lying position	exercise 4 Abdominal breathing
<p>Why is this exercise useful?</p> <ul style="list-style-type: none"> Relaxes and loosens up your back. <p><i>Very interesting movement to do after prolonged standing or sitting. It can also be useful for morning stiffness, that is to say, getting your back going after a night of sleep that often promotes immobilising pain. In addition, the patient may feel their tenseness more easily and therefore become more aware of their spine.</i></p> <p>How do you do the exercise correctly?</p> <ul style="list-style-type: none"> Sit on a chair. Roll down, starting with the head, then go down very slowly, vertebra by vertebra. Then roll back up in the same way. <p>TIP Hands slide down the legs of the chair thereby controlling the speed of the movement and assessing the arrival position.</p>	<p>Why is this exercise useful?</p> <ul style="list-style-type: none"> Works the legs and arms, balance, and the cardiovascular system. <p>How do you do the exercise correctly?</p> <ul style="list-style-type: none"> Take a stable position between two chairs with armrests. Go down onto one knee and move back up again 10 times on each leg. 	<p>Why is this exercise useful?</p> <ul style="list-style-type: none"> Prevents stiffness. <p><i>Whatever the site of your osteoarthritis, your whole body needs to be stretched to prevent stiffness.</i></p> <p>How do you do the exercise correctly?</p> <ul style="list-style-type: none"> Lie down on your back, arms stretched out above your head, aligned with your body and feet pointing upwards vertically. Stretch your body trying to move your hands far away from your body and your feet away from your pelvis. <p><i>Breathing accompanies this movement because it helps relax the muscles.</i></p> <p>TIP Do not arch your back.</p>	<p>Why is this exercise useful?</p> <ul style="list-style-type: none"> Relaxes the muscles. Promotes venous return. Slows heart rate. Restores energy and is mentally relaxing. <p>How do you do the exercise correctly?</p> <ul style="list-style-type: none"> Lie down, preferably on your back. Put one hand on your lower abdomen. Begin by breathing out and pulling in your tummy and then breathing in and swelling your tummy. The goal is to create a "ball" that slowly inflates and deflates. Repeat this exercise for 5 to 10 minutes. <p>TIP Intrusive thoughts can prevent you from relaxing. To improve your concentration, count every breath and everything will get back on track.</p>
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DURATION OF EXERCISES

Stretching movements: you can hold the position for several seconds (6-10), stopping if it becomes too painful.

Strengthening movements: you can perform sets of five movements with a longer rest (about twice as long as the duration of the movement). We also recommend that you change position between exercises (from one foot to the other, for example) in order to relax the muscles that have just been working.

SOME SIMPLE RULES TO FOLLOW DURING THESE EXERCISES

- Work at your own pace, calmly and steadily.
- Breathe during the exercises.
- Do not force it and follow the pause time.
- Gradually increase the number of sets.

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