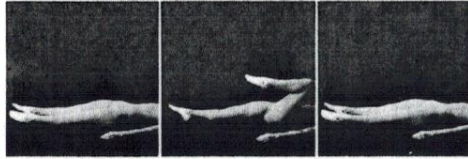


ARTHRITIS HOME EXERCISE PROGRAM.

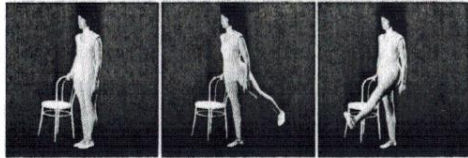
HIP.

1



Lie on back, hips and legs straight. Fully bend (flex) the knee and the hip on one side only. Then, extend the hip (just a little). Then fully bend that side again. Now return it to the starting position. Repeat on the other side.

2



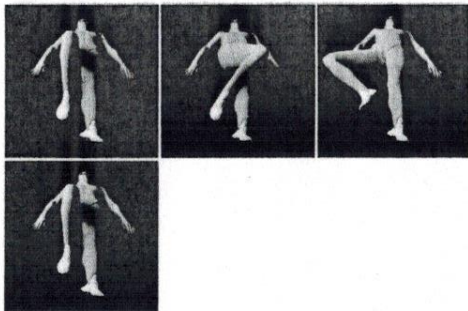
Stand up with one hand on a chair. Swing the hip backward and forward.

3



Stand up. Lift leg away from the midline into the air. Then return it to the normal position.

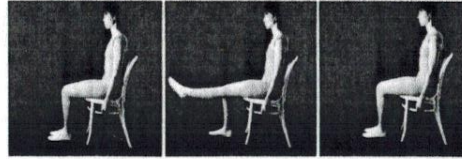
4



Lying on back, partially bend (flex) the hip and knee with foot flat on floor. Then turn (rotate) the hip in its socket inwards and outwards.

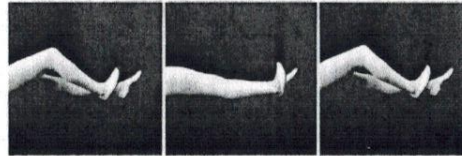
KNEE.

1



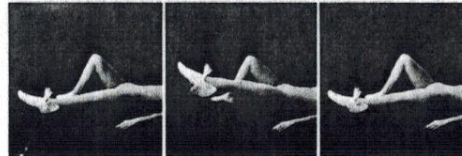
Sit on chair, hips and knees bent (flexed) with feet flat on floor (the normal sitting position). Then, fully extend one knee, return it to the starting position.

2



Lying on floor. Try to push the back of the knee into the floor.

3



Lying on floor with one knee bent. Hang weight over the other ankle (if this ankle is not affected). Lift the leg 15 cm (6 inches) from the floor, and hold it there for 3 seconds. Relax, then repeat.

Program Goals

To strengthen muscles near affected joints. • To increase mobility and range of motion of that joint. • Simplicity - exercise can be easily described. - exercise can be easily performed by patient. - exercise takes a short time and can easily be repeated several (2-3) times daily. • Safety - exercises are safe, requiring minimal or no supervision.

Program Requirements

Patient cooperation • an open chair • a pillow • a rubber ball or tennis ball • a weight (sealed plastic bag filled with 2.3 kg (5 lbs.) of water or sand)

Caution

When the disease process is in its acute stages and inflammation is severe, REST is the most appropriate approach to improvement of that joint. Thus, the attending physician must determine when an exercise program should be instituted, the specific exercises to be performed, and the number of repetitions of each exercise at each session.

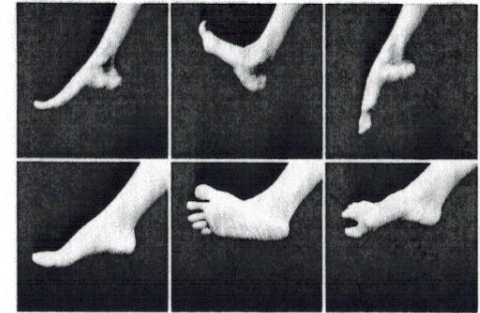
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ANKLE.

1

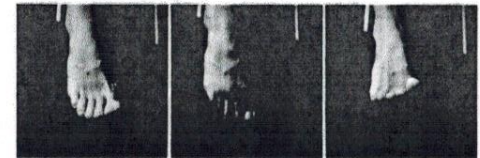


Sitting, cross one leg over the other. Bend (flex) and stretch foot upwards towards the knee and then straighten (extend) foot downwards away from the knee.

Turn the ankle inwards and outwards.

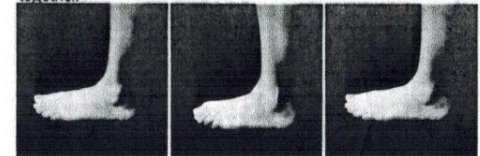
TOES.

1



With foot at rest, bend (flex) and straighten (extend) all toes together.

2



Stand barefoot with foot flat. Try to push toes into floor, with all toes straight. Then relax.