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# *Get Moving!*



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 **Arthritis**  
NEW SOUTH WALES

# Get Moving

## Before you start

### Stay active while at home

It is extremely important to stay moving, fit and healthy for our physical and mental health. Staying fit can significantly reduce the risk of developing or the progression of sedentary diseases, such as obesity, diabetes, cardiovascular disease, and reduce the development and/or severity of arthritis. If you are having a bad day with arthritis, gentle movement and choosing just a couple of the following exercises will boost blood flow and reduce the 'stiffening' that happens when we stop moving.

### Warm up / cool down

Start and finish each workout with 5 minutes of gentle cardio, eg. walk around your garden, up and down your driveway, or march on the spot, and some mobility/stretching exercises, eg. reach to the sky and slowly roll down to touch your toes.

### Cardio

It's recommended that you walk or jog around the block, march on the spot or skip at an intensity that makes you huff and puff, for a total 30 minutes on most days of the week. You can break up the 30 minutes into 3 x 10 minute bouts or even less if needed.

### Basic level

The profile below is a guide only. To assess what level suits you best, watch the videos observe the exercise illustrations. You may want to mix and match exercises from different levels, and that's ok. We recommend you consult your GP or health care professional before starting any exercise program, however if you have any questions contact us on 1800 011 041 or email: kkeane@arthritisnsw.org.au.

#### Basic

- aged between 40s–60s
- has some exercise experience and a base level of fitness
- arthritic condition and/or co-morbid conditions are well managed and don't significantly impact ability to perform activities of daily living.

Choose a repetition (rep) and set range that reflects your fitness, mobility and balance level. Start easy and gradually increase the reps and/or sets. The reps and sets are a general indication – there are also regression (modified for less intensity) or progression (next level) options. The following are guidelines only.

**Reps:** Beginner: 10–12 reps

**Sets:** Beginner: 1–2 sets

**Tempo:** controlled and steady breathing

**Number of exercises for circuit:** Beginner: 5–8

**Days per week:** 1–3

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**Sets and reps are the terms used to describe the number of times you perform an exercise. A rep is the number of times you perform a specific exercise, and a set is the number of cycles of reps that you complete. For example, you may complete 10 reps of bicep curls (on each arm) and repeat that rep range 3 times (sets).**

**Rest is important. You may like to rest for 30 seconds–1 minute after each set or rest until your breathing returns to normal. Take rest breaks whenever you feel you need to while exercising.**

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### Exercise options

There are three videos demonstrating variations of each exercise. Once an exercise becomes too easy, try the more difficult variation. To make an exercise harder, increase time spent doing the exercise, increase reps and/or sets, add weight or use a heavier weight. Always start with the reps and sets that you feel comfortable with and slowly increase.

There are many other exercises and options out there. If some of the exercises listed in the *Get Moving* series don't suit you, you're welcome to substitute them for your own. However, please ensure you perform any substitutions safely. If you would like the series to include other exercises you find beneficial, fun or would like some exercises that target certain muscle groups, please provide feedback for consideration.

## Structure your workout

There are many ways to structure a workout. Here are three simple options:

1. You may like to perform each exercise individually, eg. perform 12 reps of 3 sets (resting between sets) of push up, rest, and then move on to the next exercise.
2. You could pick two exercises at a time and alternate between them. This is called a super-set, eg. perform 12 reps of squats and then 12 reps of push ups, rest and repeat the super-set three times. Then pick another two exercises and continue in this fashion.
3. You may like to complete the exercises as a circuit. For example, select all the exercises you feel comfortable doing, set up the necessary equipment, and then perform 12 reps of each exercise consecutively until you have completed all exercises you chose. Once completed, rest for 1–2 minutes and repeat the circuit 3 times (sets).

*For all exercise options, try alternating upper body exercises with lower body exercise, eg. alternate an exercise that uses your arms with an exercises that uses your legs.*

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### ESSENTIAL TIPS

- **Play your favourite music while exercising!**
- **Stay hydrated – sip water slowly throughout your workout**
- **Wear appropriate shoes and clothing – shoes that have a supportive base and clothing that won't limit movement or cause a trip hazard**
- **Arrange a safe space – remove trip hazards (cords, mats etc.), create enough floor space to move about, use a chair or bench for stability.**
- **Weight ideas – use grocery bags, backpacks or buckets and fill them with household items or do any of the exercises holding bottles of water or canned food.**
- **Exercise range – it's ok if you can't do the full range of any of the exercises demonstrated, do you what you feel comfortable with. Ensure to stop if something hurts excessively.**

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## More on safety

**Homemade weights/resistance** – if you're using bags and filling them with household items, ensure you make the weights in each bag of an equal weight. If they are unequal and you are not aware, they can potentially cause a trip or fall due to balance issues. Also, ensure a good grip of handles and keep wrist in a comfortable or neutral position.

**Therabands/resistance bands** – be sure to have bands secure before pulling them. They have the potential to snap back and cause harm. When gripping the bands, wrap them around your hand for extra grip and safety.

We suggest choosing a weight/band that allows you to complete the number of reps in the rep range. It needs to be achievable but still a challenge. Once you achieve the rep range consistently, you can increase the weight or resistance.

**When exercising** – only move in the range that you are comfortable with and do not push past your level of comfort. Try and maintain an upright posture, with your head moving in the direction of body and only work within your physical capabilities.

### [Australian Physical Guidelines](#)

Doing something is better than doing nothing. If you haven't exercised much before, slowly and progressively build your fitness to a minimum of 150 minutes of moderate, or 75 minutes of higher intensity aerobic exercise, and two to three strength-based sessions, per week.

These exercises are generic and not individualised to your specific condition. We recommend consulting your GP to ensure you are fit for exercise, and with an accredited exercise physiologist to tailor exercises to your needs. These exercises are a guide only. If you feel unwell or experience a painful flare up in your arthritic condition, we recommend you wait until you feel well again before exercising. If you feel unwell, lightheaded or have chest pain while exercising, stop and seek medical advice as soon as possible.

For more information contact [kkeane@arthritisnsw.org.au](mailto:kkeane@arthritisnsw.org.au) or call 1800 011 041.

# Sit to stand

From a standard chair height



1. Feet shoulder width or more apart.
2. Knees at least 90 degrees, or slightly less.
3. Shuffle nearer to edge of the chair.
4. Lean slightly forward.
5. Use legs to push up.
6. Squeeze glutes once standing tall.
7. Lower slowly and controlled.
8. Use arms if needed, both sides evenly.

## SAFETY TIPS

Use a bench/back of chair in front of you for support if needed.

Align knees with feet and don't buckle them inward, eg. you can see your big toe.

Perform with a controlled tempo, avoid fast postural changes.

## MUSCLES

Lower body strength  
gluteus maximus  
quadriceps  
hamstrings

# Bench push up



1. Hands shoulder width and a half apart.
2. Tuck hips under slightly and draw belly button in for core and trunk stability.
3. Take chest to just above bench.

## SAFETY TIPS

It's ok if you can't do a full range and stop if it hurts excessively.

Be mindful of keeping a strong core to avoid sagging your hips.

Ensure a stable wall/bench.

## MUSCLES

Upper body strength

chest muscles:

pectoralis major

arm muscles: deltoid,

tricep brachii

# Dead lift

With band or weights



1. Set up and secure the band under your feet with a safe grip of the band in your hands.
2. Feet approximately shoulder width apart.
3. Slight bend in knees.
4. Tuck hips under slightly and draw belly button in for core and trunk stability.
5. Tip/bend from the hips until chest is approximately parallel with the ground.
6. Stand tall again, repeat.

## SAFETY TIPS

Be mindful of the band and ensure it is secure.

## MUSCLES

Lower body strength  
gluteus maximus  
hamstrings  
low back muscles

# Bicep curl

With band



1. Set up and secure the band under your feet with a safe grip of band in your hands
2. Feet shoulder width apart.
3. Distribute your weight evenly through your legs
4. Tuck hips under slightly and draw belly button in for core and trunk stability.
5. Elbows stay close to your body as you flex them.
6. Controlled movements.

## SAFETY TIPS

Be mindful of the band and ensure it is secure.  
Keep wrists straight, not pulled down or up by the band.

## MUSCLES

Upper body strength  
Bicep brachii

# Seated knee extension

With band



1. Set up and secure the band around your ankle.
2. Sit tall with your bottom back in the seat.
3. Extend knee until lower leg is parallel with the ground.
4. Squeeze quads at the top of the movement.
5. Lower, repeat. back in seat.

## SAFETY TIPS

Be mindful of the band and ensure it is secure.  
Keep your feet pointing upward, not turning in or outward.

## MUSCLES

Lower body strength  
quadriceps

# Plank on bench



1. Hands shoulder width apart.
2. Tuck hips under slightly and draw belly button in for core and trunk stability.
3. Step back your feet until you feel tension in your trunk and core.
4. Hold position for five seconds, rest, repeat 2–5 times.

## SAFETY TIPS

Be mindful of keeping a strong core to avoid sagging your hips.  
Hips and feet facing straight ahead.

## MUSCLES

Total body/trunk and  
core strength

# Hip abduction

With band



1. Set up the band around your ankles or knees.
2. Feet start approximately together.
3. Tuck your hips under slightly and draw your belly button in for core and trunk stability.
4. Keep trunk still and upright.
5. Slowly take your leg directly out to the side of your body.
6. Try squeezing your glutes (buttocks).
7. Slowly return leg, repeat.

## SAFETY TIPS

Hold something stable.

If you feel excessive pressure in the side of your legs or hips, check that your foot isn't turning out too much.

## MUSCLES

Lower body strength  
side glutes  
hip abductors

# Hip extension

With band



1. Set up band around ankles or knees.
2. Feet start approximately together.
3. Tuck hips under slightly and draw belly button in for core and trunk stability.
4. Keep trunk still and up right.
5. Slowly take your leg directly behind you.
6. Try squeezing your glutes.
7. Slowly return leg, repeat.

## SAFETY TIPS

Hold something stable.

## MUSCLES

Lower body strength

Glute maximus

Hamstrings

# Easy walk



1. Start with feet approximately shoulder width apart.
2. Step one foot forward at a time, wider than starting position.
3. Return feet to start position, repeat.

## SAFETY TIPS

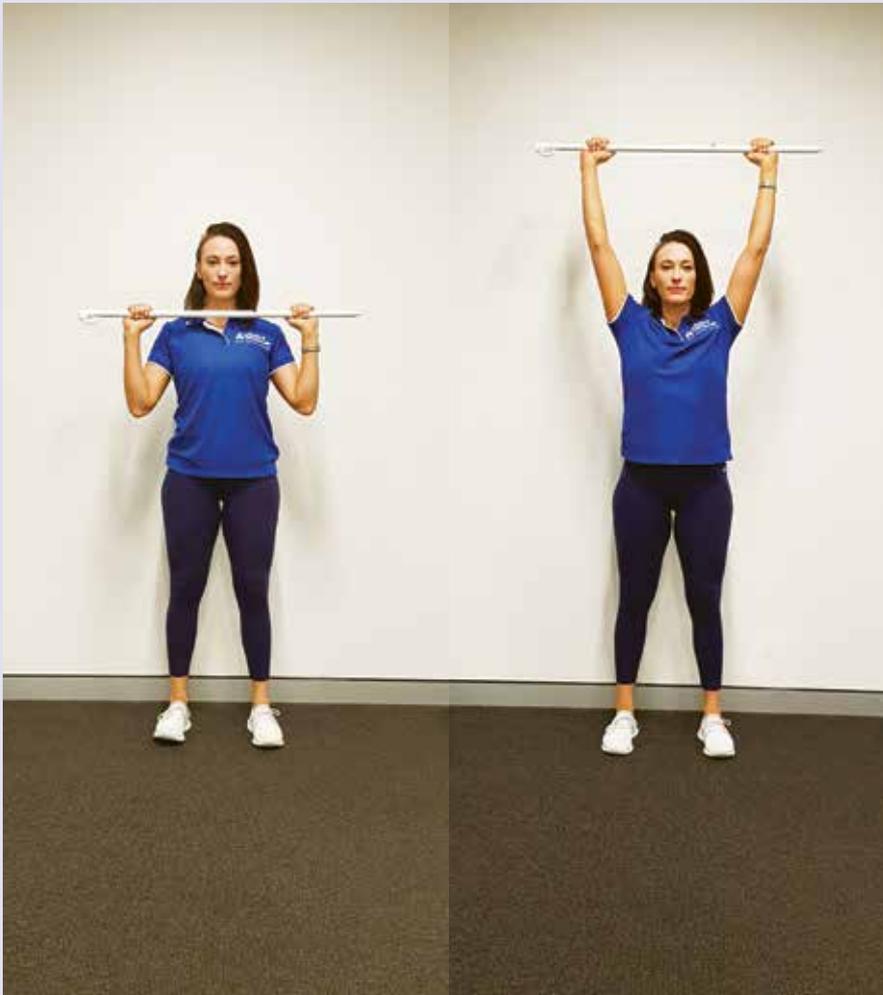
This exercise is dynamic, so ensure a flat surface, ie. no trip hazards.

## MUSCLES

Lower body strength  
Cardio

# Shoulder press

With broom or band



1. Start with feet approximately shoulder width apart.
2. Tuck hips under slightly and draw belly button in for core and trunk stability.
3. Hold band firmly in your hands.
4. Add a little tension to the band by pulling your arms slightly apart.
5. Keep the tension while raising your arms over your head.
6. Slowly return, repeat.

## SAFETY TIPS

Keep relaxed and neutral neck position, ie. chin slightly tucked and looking forward.

Wrists neutral, ie. not bent forward or backward.

## MUSCLES

Upper body strength  
Shoulders: deltoid and pectoralis major

# Side step walking

With no support



1. Feet start together.
2. Side step one way and then return.
3. Toes facing forward.

### Tip

Do five steps one way and five back the other

## SAFETY TIPS

When your confidence increases, try not to look down at your feet.

If you feel excessive pressure in the side of your legs or hips, check that your foot isn't turning out too much.

## MUSCLES

Lower body strength  
calf muscles  
gluteus maximus  
hamstrings

# Bent over row

With band



1. Set up band securely under your feet.
2. Feet shoulder width apart.
3. Slight bend in knees.
4. Tuck hips under slightly and draw belly button in for core and trunk stability.
5. Tip/bend from hips.
6. Arms perpendicular with floor.
7. Bring band to bottom of the ribs or to belly button, by bending at the elbows.
8. Lower, repeat.

## SAFETY TIPS

- Bend over as far as you feel comfortable.
- Be mindful of the band snapping back.
- Keep a neutral neck: slightly tuck chin, eyes forward.

## MUSCLES

Upper body strength  
Latissimus doris  
bicep brachii