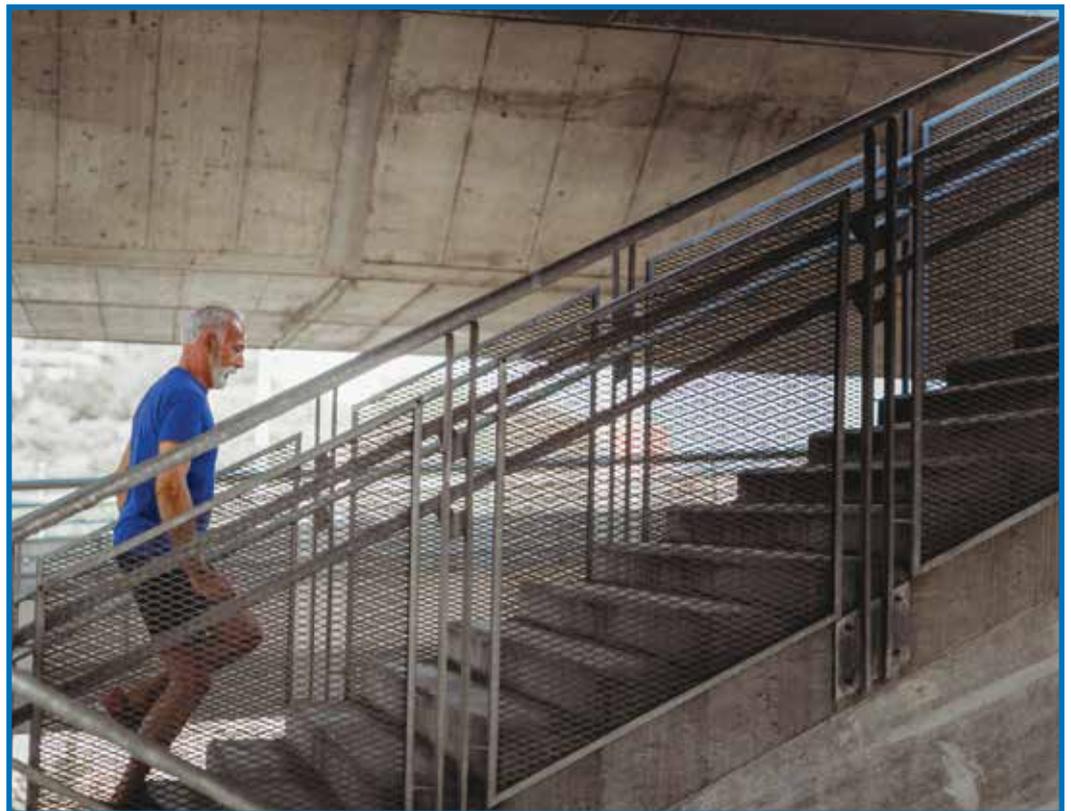


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Get Moving!



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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.

Intermediate level

The profile below is a guide only. To assess what level suits you best, watch the videos and 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.

Intermediate

- 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: 12–15 reps

Sets: 3–4 sets

Tempo: controlled and steady breathing

Number of exercises for circuit: 8–12

Days per week: 2–4

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.

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 exercise that uses your legs.

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 what you feel comfortable with. Ensure to stop if something hurts excessively.**

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@arthritissw.org.au or call 1800 011 041.

Body weight squat



1. Feet shoulder width or more apart.
2. Bend knees and hips.
3. Tuck hips under slightly and draw belly button in for core and trunk stability.
4. Keep chest up and proud.
5. Lower slowly and controlled.

SAFETY TIPS

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

Try keeping your knees in line with feet and don't buckle them inward.

MUSCLES

Lower body strength
gluteus maximus
quadriceps
hamstrings

Push up on knees



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 the ground or when your elbow is at 90 degrees.



SAFETY TIPS

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

Take your time getting to the floor. Have a stable chair close by to help you get down to and up off the floor if necessary.

Be mindful your hips don't sag to the ground.

MUSCLES

Upper body strength

chest muscles:

pectoralis major

arm muscles: deltoid,

tricep brachii

Dead lift

With band or weights



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

SAFETY TIPS

Be mindful of your balance when using homemade weights. Ensure the right and left weights are equal.

Tip forward in the deadlift to where you feel comfortable.

MUSCLES

Lower body strength
gluteus maximus
hamstrings
low back muscles

Bicep curl

Weighted



1. Feet shoulder width apart.
2. Weight evenly distributed through legs
3. Elbows stay close to body
4. Tuck hips under slightly and draw your belly button in for core and trunk stability
5. Bend elbow, taking hands to shoulders
6. Controlled movement through range

SAFETY TIPS

Keep wrists straight, not hanging downward.

MUSCLES

Upper body strength

Bicep brachii

Body weight split squat



1. One leg forward, toes facing forward.
2. One leg behind, heel lifted, toes facing forward.
3. Feet on 'train tracks', ie. not in line with each other.
4. Lower body so knees are about 90 degrees.
5. Raise and repeat.

SAFETY TIPS

Be mindful of your balance.

MUSCLES

Lower body strength
quadriceps
glutes
hamstrings

Plank on knees



1. Elbows shoulder width apart.
2. Shoulders stacked over elbows.
3. Tuck hips under slightly and draw your belly button in for core and trunk stability.
4. On your knees, lift your body off the ground until you feel tension in your trunk/core.
5. Hold for 20 seconds and slowly progress to hold for longer.

SAFETY TIPS

Take your time getting to the floor. Have a stable chair close by to help you get down to and up off the floor if necessary.

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

MUSCLES

Total body/trunk and core strength

Side lying clam

Optional – with band around knees



1. Lie on your side, with legs stacked on top of each other and knees bent at a 45-degree angle.
2. Rest your head on your lower arm, and use your top arm to steady your body. Be sure that your hipbones are stacked on top of one another
3. Keeping your feet touching and pivoting from your heels, raise your upper knee as high as is comfortable without shifting your hips or pelvis. Don't move your lower leg off the floor.
4. Pause, and then return your upper leg to the starting position, repeat.

SAFETY TIPS

Take your time getting to the floor. Have a stable chair close by to help you get down to and up off the floor if necessary.

Tuck your hips under slightly and draw your belly button in for core and trunk stability.

MUSCLES

Lower body strength
side glutes
hip abductors

Glute bridge



1. Lie on your back.
2. Legs/feet hip width apart, bend your knees to approx. 45 degrees.
3. Arms next to you, palms facing down.
4. Squeeze buttocks while lifting your hips to the ceiling. Push down with feet and arms.
5. Slowly lower, repeat.

SAFETY TIPS

Take your time getting to the floor. Have a stable chair close by to help you get down to and up off the floor if necessary.

MUSCLES

Lower body strength

Glute maximus

Hamstrings

Step ups

Bench or stairs



1. Start with feet approximately shoulder width apart.
2. Alternate stepping one foot up on to the step and back to the ground.

SAFETY TIPS

Ensure flat and stable surface.

Ensure foot is fully on step before loading your leg with your body weight.

Take care lowering to the ground.

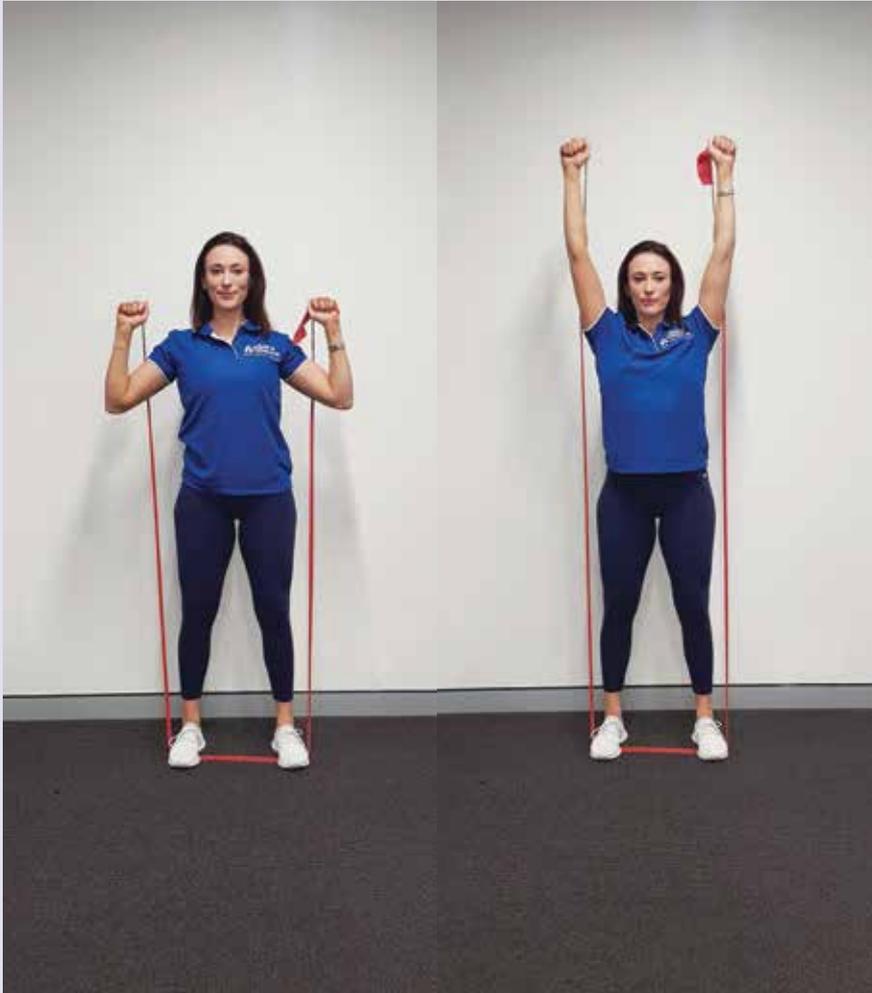
MUSCLES

Lower body strength

Cardio

Shoulder press

With band



1. Feet approximately shoulder width apart.
2. Secure band under your feet.
3. Tuck hips under slightly and draw your belly button in for core and trunk stability.
4. Slowly return, repeat.

SAFETY TIPS

Be mindful of band snapping back.

Keep neck and shoulders relaxed while pushing band above head.

MUSCLES

Upper body strength
Shoulders: deltoid and pectoralis major

Side step walking

With band



1. Secure band around ankles or knees.
2. Feet start together.
3. Side step your way one way and then return.
4. Keep feet/toes facing forward.

Tip

Do five steps one way and five back the other.

SAFETY TIPS

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

Sumo squat

With arms and reach over head



1. Wide feet stance, toes slightly turned out.
2. Bend into squat, hands touch ground.
3. Knees straighten, elbows bend and hands are level with your shoulders.
4. Stand tall and reach arms over head.
5. Repeat, controlled.

SAFETY TIPS

Bend over and reach up as far as you feel comfortable.

MUSCLES

Full body movement

Bent over row

With weights



1. Stand feet shoulder width apart.
2. Tuck hips under slightly and draw your belly button in for core and trunk stability.
3. Tip from hips so trunk is approximately parallel with ground.
4. Bring broom to bottom of the ribs or to belly button, by bending at the elbows.
5. Slowly lower, repeat.

SAFETY TIPS

Be mindful to have equal weights.

Keep a neutral neck: slightly tuck chin, eyes forward.

MUSCLES

Upper body strength

Latissimus doris

bicep brachii