

Exercise

Load-bearing exercise helps to strengthen your bones and muscles.

A thirty minute walk 3-4 times a week is known to be beneficial, functional exercise such as climbing stairs, sit to stand repetitions, step ups or mini-squats (small knee bends) are examples of load bearing for the legs and spine.

It is also important to practice load bearing through your arms. This could include leaning on a table top, walking your hands forwards and backwards, or try doing gentle push ups against a wall.

Posture

Maintaining a good alignment of your body is important to reduce the risk of developing structural deformities and enables your muscles and joints to work properly. Let it become your habit to stand tall, sit tall and walk tall. When sitting, make sure that you have adequate support for your spine and thigh bones.

In bed, ensure that your pillow supports the small of your neck and that your mattress is not too hard or too soft. A well sprung mattress or memory foam should support the natural contours of your body.

Avoid trips, falls and injuries

- Remove unnecessary trip hazards in the home such as rugs and clutter.
- If your vision has deteriorated or have to look down to see through your spectacles, you may be at risk of falling. Consult an optician for advice.
- Avoid having to reach into awkward spaces where you have to bend and twist your spine.
- If you have concerns about your balance, ask your GP for advice and possible referral to physiotherapy or to a falls clinic.

Useful links:

The National Osteoporosis Society helpline: 0845 450 0230

Arthritis Research-UK telephone 0300 790 0400

Website www.arthritisresearchuk.org

If you have any comments about this leaflet or the service you have received you can contact :

Secretary Physiotherapy Department
Huddersfield Royal Infirmary
Tel: 01484 342434

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
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اگر آپ کو یہ معلومات کسی اور فارمیٹ طرزبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

