



There are different types of exercise, each with an important role.

## 1. Range of Movement Exercises

These are to maintain the normal movement of a joint or to try and restore movement if it has been lost. These need only be done once a day, as they are means of keeping a check on your-self. This will help to prevent loss of range and deformity and minimise morning stiffness. Make sure you take each movement to the point of stretch and mild discomfort.



### Sitting

Roll your head forward until you feel a stretch behind your neck. Uncurl slowly to return.

Hold approx. 5 seconds.



### Sitting

Bend your head sideways as far as is comfortable.

Hold approx. 5 seconds



### Sitting

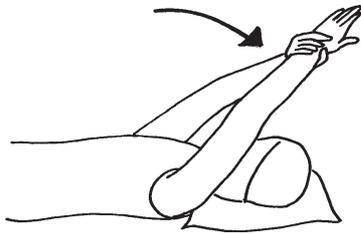
Turn your head to one side until you feel a stretch.

Hold approx. 5 seconds.

Repeat on other side.

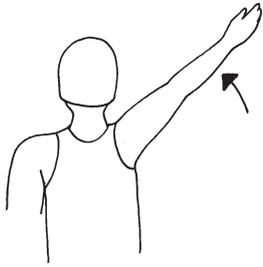


**Shoulders and elbows** – facing a wall or door place your hands on a towel or inside a pillow slip. Slide your hands up the wall until you feel slight pain or restriction.



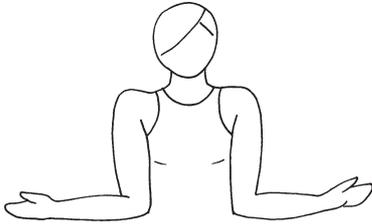
### **Lying on your back with elbows straight.**

Use one arm to lift the other arm up until you feel slight pain or restriction.



### **Stand or sit**

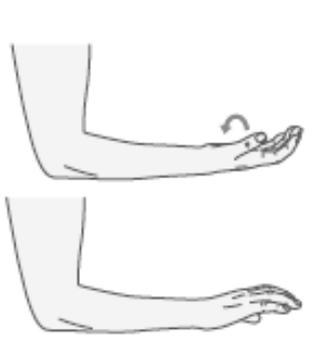
Lift your arm up sideways with thumb leading the way.



### **Sit or stand**

Keep upper arms close to the sides and elbows at right angles.

Turn forearms outwards.



### **Elbow bend**

Stand up straight and lower your arm to one side.

Bend your arm slowly upwards so your hand is touching your shoulder.

Hold for 5 seconds.

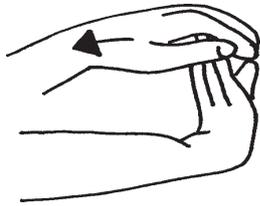
Repeat up to 10 times.

## Shoulders, elbows and wrist



**Hands and wrists** – start by placing your palms together, elbow resting at your sides.

Check that the heels of your palms and all your fingers touch.



**Hold the fingers of the hand to be stretched.**

Gently extend the wrist until you feel the stretching at the inside of the forearm.

Keep your elbow straight.

Stretch approx 20 seconds. Relax.



**Hold your hand over the edge of a table or chair arm** - lower your hand down as far as you can then extend upwards as far as you can.

Hold for 5 seconds each way.

## Wrist and hand



**Hold fingers and wrist straight.**

Bend wrist first towards the little finger and then towards the thumb.



**Put your forearm on a table.**

First bend your fingertips, then the next joint followed by the fist.

Straighten fingers.



**Forearm supported on a table with palm facing down.**

Bend your wrist and knuckles. Keep your fingers straight.

Then straighten your wrist and knuckles.



**Hold all fingers straight.**

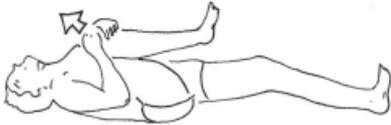
Make a big circle with your thumb clockwise and anticlockwise.

Repeat up to 10 times.



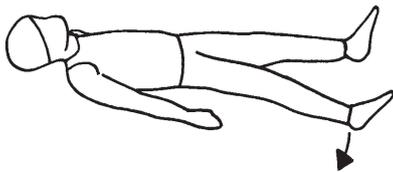
### Lying on your back.

Bend your knee by sliding your heel towards your bottom. Hold for 5 seconds and release to slide into straightened position again.

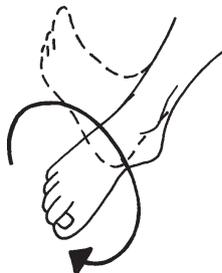


### Lying on your back.

Bend the leg to be stretched towards your chest and hold onto the knee with both hands. Pull your knee towards your abdomen keeping your head on a pillow. It may help to use a towel or a scarf as a sling to assist the movement. Hold for 5 seconds and release slowly, lowering your foot down first before straightening your leg.

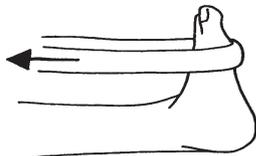


**Lying on your back**, slide your leg sideways until you feel a stretch. It may help to put a bin liner on your leg to assist the sliding action.



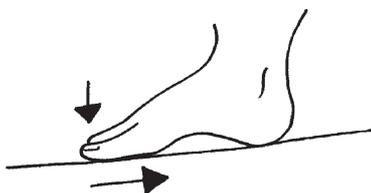
### Sitting or lying.

Rotate your ankle. Change directions.



### Sit with one leg straight out in front of you

Put a towel or scarf around your foot. Gently pull the scarf and feel the stretch in your calf. Hold approx. 5 seconds



### Sitting with your foot on the floor.

Shorten your foot by tightening the muscles on the sole of your foot. Keep your toes pushed straight against the floor.

## 2. Strengthening Exercises

These are to increase the strength of the muscles. This helps to provide stamina for you to perform everyday tasks such as climbing stairs.

There are two kinds of strengthening exercise, static and active. Examples of each are given below.

### Static Exercise



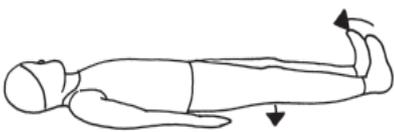
**Arms and shoulders** – stand up straight beside a wall with your upper arm, elbow, forearm and back of your hand against the wall.

Gently push your entire arm against the wall as if to push the wall away.



**Wrist and hands** – sit on a chair with your arms resting on a table.

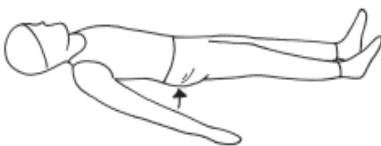
Gently push the entire forearm and hand down onto the table. Hold for seconds to improve your grip strength try ringing a large cloth or squeezing children's play putty until the muscles in your hand ache slightly.



**Knees** – lie or sit with your back supported.

Gently push your knee down onto the surface and pull toes up towards you.

Hold for a few seconds.



**Buttocks** – sit or lie flat on your back and squeeze the buttock muscles together.

Hold for a few seconds.

## What to do in the event of your joint becoming inflamed

From time to time for whatever reason, one or several joints may become hot, tender and acutely painful. This is a sign of inflammation, and to allow this to settle the joint may need to be rested more than normal. However, to prevent stiffness and maintain the movement, each joint should be gently moved throughout its available range daily. Measures also need to be taken locally to reduce the swelling and pain.

## Some people find it beneficial to cool and inflamed joint

### Examples of cold

- Bowl of cold water (for hands or feet)
- Cold, damp towel or flannel
- Bag of frozen peas
- Frozen gel pack or wheat bag

Remember that ice may cause a burn and therefore if using any frozen items follow these safety measures:

1. Protect the skin with a small amount of unperfumed oil (such as vegetable oil).
2. Sit or lie in a comfortable supported position.
3. Wrap the frozen pack in a damp towel.
4. Place the pack on the painful area for up to 10 minutes. The skin will become pink.

### Remove immediately if there is any sensation of burning

### Note

For a small area of your body (e.g fingers, thumb or toe) wrap an ice cube in a cloth and massage it over the area until it melts (5-10 minutes)

### Contrast bathing

Using heat and cold together may be useful to reduce swelling in hands and feet.

1. Use one bowl of warm water and one bowl of cold water (with ice added if you wish)
2. Place the hands or feet in the warm water for 1 minutes.
3. Then place in the cold water for 2 minutes.
4. Repeat this process 5 times, for a total of 15 minutes.
5. Always finish in cold water and then dry the hands or feet.

Elevate afterwards on a pillow for up to half an hour.

Simple exercises can be done whilst the hands or feet are elevated.

Try to maintain your usual exercise. If this is not possible try the static exercises. You can then add on the active exercises as you feel able.

## What to do in the event of muscles feeling tense or sore.

### Heat

Heat can be very useful in helping to relax muscles and reduce pain and stiffness in joints. Heat helps to increase the blood flow to the area being treated, and turns the skin pink.

### Examples of heat

- Warm shower or bath
- Bowl of warm water (for hands and feet)
- Hot water bottle (do not use boiling water)
- Wheat bag (heat in microwave to comfortable temperature before use)

### (Don't sit next to a fire to warm joints)

If using a hot water, wheat bag or heat pad, follow these safety measures:

1. Wash the area to be treated to remove any creams (Ralgex, Deep Heat etc)
2. Protect the skin with towels before applying heat.
3. Sit or lie in a comfortable supported position.
4. Place the heat pack on the painful area for 15-20 minutes. The skin will become pink. It should feel comfortable and warm.

### Remove immediately if it feels too hot as it may cause a burn

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## 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](http://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

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ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

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برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

