

Orthopaedic Connection

Exercise and Arthritis are Compatible

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Transforming patient information into patient understanding.

Already, I have had some positive response to my articles about exercise.

While some of our patients enjoy exercising, most do not. For patients who have arthritis of one or more joints it can be really difficult and painful. Taking Advil or Tylenol before you start can help. If you have to take prescription medication to control arthritis pain you might be doing more harm than good.

New Program

Before starting on a new exercise program you could not go wrong to consult your family doctor. He or she is in the best position to advise you since they are aware of your general medical condition, medications you take and so forth.

Arthritis Friendly Equipment

- Display Panel needs to be easy to read, easy to change and understand
- Emergency stop button or clip
- Wide, comfortable footrest on recumbent bike or elliptical machine
- Seat and arm adjustments that are easy to access and adjust
- Long hand rails on elliptical machine
- Slow starting speed for treadmill

To Begin

Before buying any exercise machine you should have a knowledgeable person explain how it works and show you how to use it.

If you simply order it online you may save a little money, but I'll bet you will not use it properly and won't get the maximum benefit from it. Furthermore if you can "test drive" two or three of them you will be able to choose the one best suited to you.

Balance Exercises

Balance exercises can improve bone health and are a great help in preventing falls. People with arthritis and a balance problem are in double jeopardy.

Start by standing on one leg for 5 - 10 seconds, then the other, alternating back and forth. Try mini knee bends; bending your knees to a 30 degree angle and then rise back up, repeating 10 times in a set.

Any physical therapy place would be a good source for balance exercise instruction.

This concludes our three classes on arthritis and exercise.

For more about arthritis in general check out our office teaching website www.orthopodsurgeon.com that can take you to Your Orthopaedic Connection.

Our goal is simple - To help people live more pain free, functional lives.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush