



Step ups

- Step onto the bottom step of stairs with the right foot.
- Bring up the left foot, then step down with the right foot, followed by the left foot.
- Repeat with each leg until you get short of breath.
- Hold on to the bannister if necessary. As you improve, try to increase the number of steps you can do in 1 minute & the height of the step.



Knee squats

- Hold onto a chair or work surface for support.
- Squat down until your kneecap covers your big toe.
- Return to standing. Repeat at least 10 times.
- As you improve, try to squat a little further.
- Don't bend your knees beyond a right angle.

Stretching

Stretching exercises (also known as 'range of movement' exercises) are designed to make sure your joints are moved as far as they safely and comfortably can be.

We recommend that you repeat each exercise five times & hold the position for 5-10 seconds. Do twice daily.

Fingers



- Make a fist, then straighten your fingers.



- Bend first two joints of your fingers down as shown, then straighten again.

Feet



- Bend your ankle up towards your body as far as possible. Now point toes away from your body.



- Move your ankle around slowly in a large circle. Repeat in the opposite direction.

Disclaimer : You should discuss your health risks with your physician before starting any exercise programme

Strengthening

Strengthening exercises are important if you have arthritis because your joints need the strong support of the surrounding muscles

Fingers



- Begin with palm of your hand on a tissue or towel on a table, fingers apart.



- Pull your fingers together by pressing your hand down into the table and bunching up the towel between your fingers.

Wrists



- Place your left palm on the table and lift the fingers up away from the table
- Place your other hand across the knuckles at 90° and push down as the left hand tries to pull up.
- You should feel the muscles of your forearms contracting. Swap hands & repeat.