
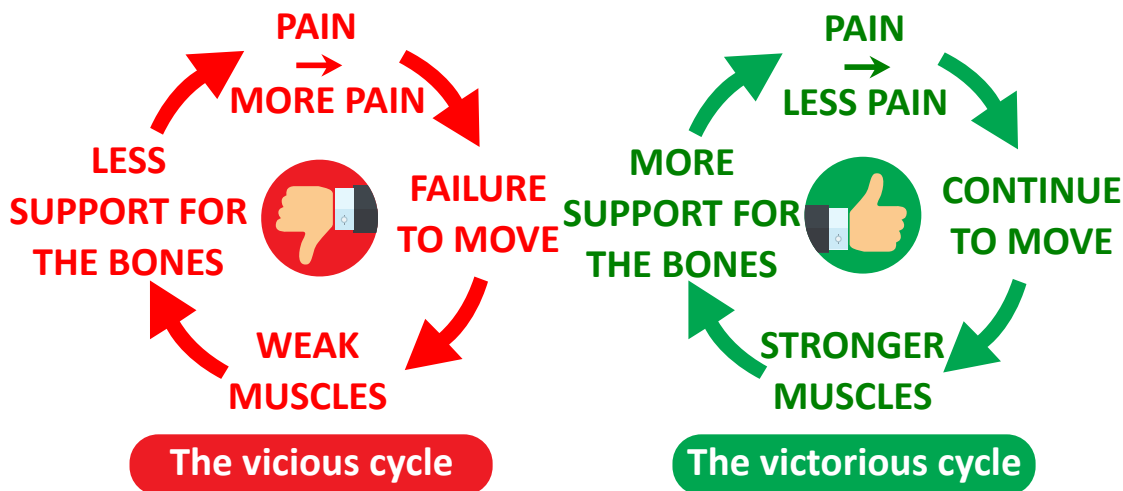



*A poem giving guidance on how to exercise
 Too much too fast, will be a boom and bust
 But if you just sit and rest, you will only rust
 So in your diary find a space
 To exercise in any place
 A regular and consistent pace
 Will help you succeed and win the race*

**Exercises compiled by
 Mr. George Ampat
 Consultant Orthopaedic Surgeon**

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01



Arthritis is wear and tear of the smooth cartilage at the ends of bones. It is a burden to carry.

02




We wrongly assume pain means harm and don't move our muscles. This makes the muscles weak. The weak muscles make the pain of arthritis worse.

03



Exercising even when there is pain is important. Research shows that once the muscles regain strength, the arthritic pain becomes less.

04



© George Ampat
 Strong muscles help one to cope with the pain of arthritis. It is also important to ensure that the muscles do not become weak.

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Back And Neck
 Discomfort relief with
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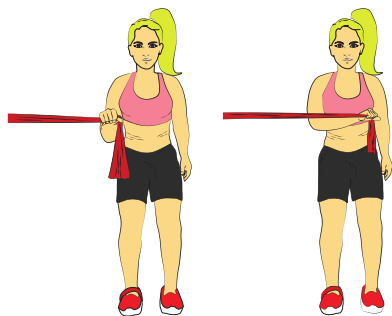
You can treat your own back and neck pain
 Advice and guidance from
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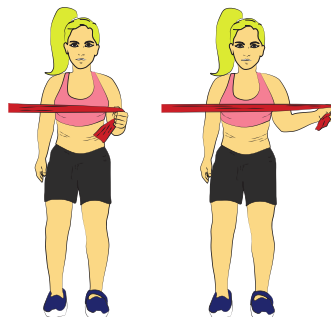
Shoulder strengthening exercises with Elastic resistance bands

For the exercises on this page you will need a band that is at least 2 m long. Secure one end of the band onto a door frame / pillar. Ensure that the band is secure. Hold the other end of the band with the hand to perform these exercises



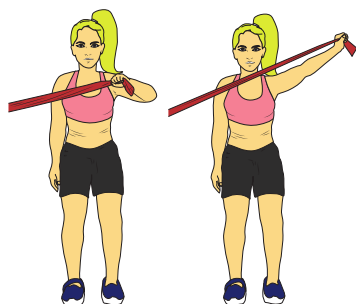
Shoulder turn in

Hold the free end of the band with your right hand. Your forearm should be pointing forward. Now pull and turn the forearm towards the opposite elbow. Hold for a count of 10. Release slowly and repeat 3 times. Repeat 3 times with the other arm and hand.



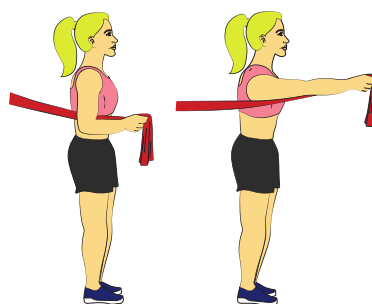
Shoulder turn out

Hold the free end of the band with your left hand. Your forearm should be pointing forward. Now pull and turn the forearm away from the body. Hold for a count of 10. Release slowly and repeat 3 times. Repeat 3 times with the other arm and hand.



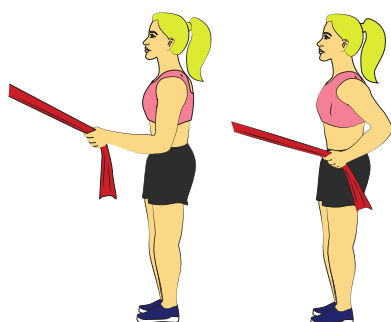
Shoulder pull out

Hold the free end of the band with your left hand. Your arm should be at shoulder height. Now pull the arm up and outwards. Hold for a count of 10. Release slowly and repeat 3 times. Repeat 3 times with the other arm and hand.



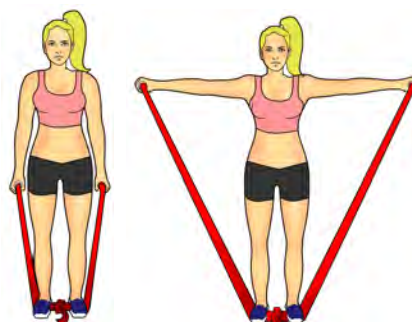
Shoulder push forward

Hold the free end of the band with your right hand. Your forearm should be pointing forward. Now pull the hand to point forward. Hold for a count of 10. Release slowly and repeat 3 times. Repeat 3 times with the other arm and hand.



Shoulder pull down

Hold the free end of the band with your left hand. Your forearm should be pointing forward. Now pull the hand towards your hip. Hold for a count of 10. Release slowly and repeat 3 times. Repeat 3 times with the other arm and hand.



Shoulder up and out

Pass the loop under your feet. Ensure that your feet are steady and firmly placed on the floor. Pull the arms upwards and outwards by keeping the elbow straight. Hold for a count of 10. Release slowly and repeat 3 times. Repeat 3 times with the other arm and hand.



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