



# A Body in Motion Stays in Motion

Exercises for arthritis prevention



**NORTON**  
ORTHOPEDIC  
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## A body in motion must stay in motion.

It's not just a law of physics – it's true about your health as well. No matter your age, staying active is one of the most important things you can do to keep your body healthy. Whether you are trying to prevent arthritis or want to keep existing arthritis from getting worse, exercise is essential.

Daily exercise helps keep your joints fully mobile. Strengthening the surrounding muscles not only helps support the joints, it also transports nutrients and waste products to and from the cartilage – the material that protects and cushions the ends of the bones.

The exercises in this guide are called range-of-motion exercises. They are gentle exercises that aim to move each joint through its normal maximum range of motion. These exercises should be done daily to help keep joints fully mobile and to prevent stiffness and deformities. Normal daily activities, such as housework, dressing, bathing and cooking, are not a substitute for range-of-motion exercises.

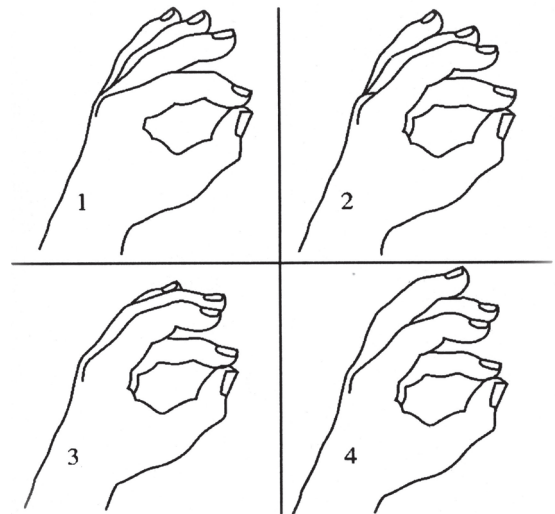
If the recommended number of repetitions for each exercise is too much for you, simply do as many repetitions as your body will allow. Over time you will build strength and be able to do more repetitions.

## Hands

### Fingertip touches

- Touch the tip of your thumb to the tip of your index finger.
- Open your hand and relax.
- Touch the tip of your thumb to the tip of your middle finger.
- Open your hand, relax, then repeat with each finger.

Touching each finger one time equals one repetition. Perform 10 repetitions with both hands once a day.

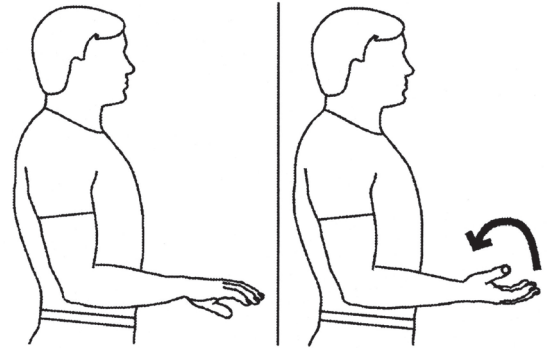


## Wrists and elbows

### Turnovers

- Stand or sit with your arms at each side, elbows bent to 90 degrees and your palms facing down.
- Rotate your forearm until your palm is facing up.
- Return to the starting position.

Rotating your palms up and then returning to the starting position equals one repetition. Perform 10 repetitions with both arms once a day.

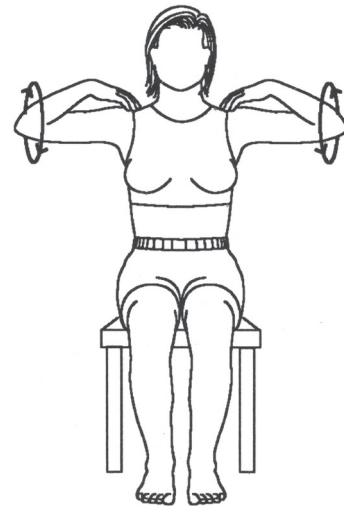


## Elbows and shoulders

### Elbow circles

- Sit up straight and tall in a chair with your arms out to the sides and your fingertips resting on your shoulders, as shown.
- Make 10 backward circles with the tips of your elbows.
- Rest and relax.
- Make 10 forward circles with the tips of your elbows.

Each full rotation of your elbow, backward or forward, equals one repetition. Perform 10 repetitions of backward circles and 10 repetitions of forward circles once a day. Progress by gradually making bigger circles.

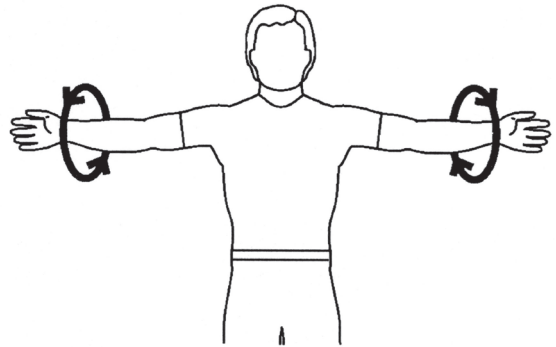


## Shoulders

### Arm circles

- Sit up straight and tall in a chair with your arms straight out from your body, as shown.
- Make 10 backward circles with your shoulders.
- Rest and relax.
- Make 10 forward circles with your shoulders.

Each full rotation of your arms, backward or forward, equals one repetition. Perform 10 repetitions of backward circles and 10 repetitions of forward circles once a day. Progress by gradually making bigger circles.

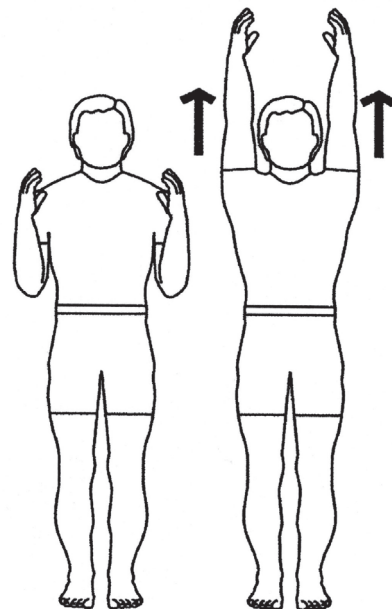


## Shoulders and back

### Overhead press

- Stand or sit in a chair.
- Hold your arms at your sides with your elbows bent, as shown.
- Lift and straighten your arms up over your head as high as you can.
- Slowly return to the starting position.

Each raising and lowering of your arms equals one repetition. Perform 10 repetitions once a day.

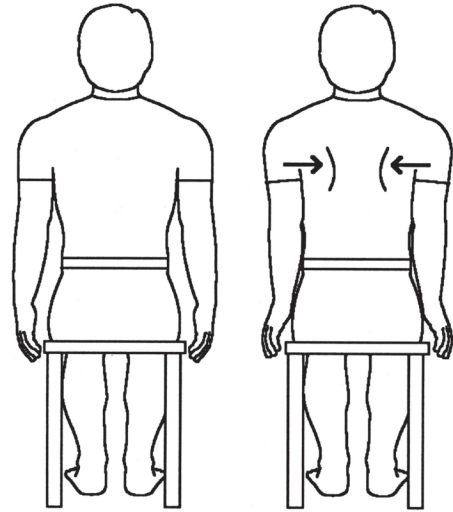


## Back

### Shoulder blade touches

- Sit up straight and tall in a chair with your arms straight down.
- Slowly pinch your shoulder blades together, as shown.
- Relax and repeat.

Each time you pinch your shoulder blades equals one repetition. Perform 10 repetitions once a day.

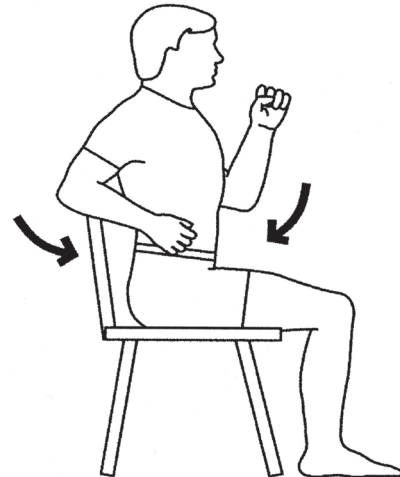


## Upper body

### Choo-choo

- Sit in a chair.
- Bend your elbows to 90 degrees.
- Make circles with your shoulders in a “choo-choo” fashion, as shown.
- Perform this motion for 15 seconds.

Perform two sets of 15-second intervals once a day.

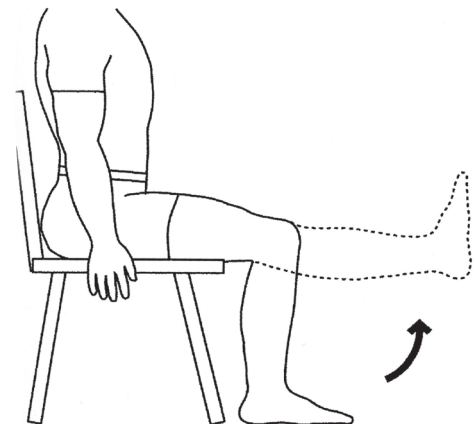


## Knees

### Leg extensions

- Sit in a chair with your feet on the floor, legs bent to a 90-degree angle.
- Straighten (extend) one leg at the knee as far as you can.
- Return to the starting position.
- Repeat with the other leg.

Perform 10 repetitions with your right leg and 10 repetitions with your left leg once a day.

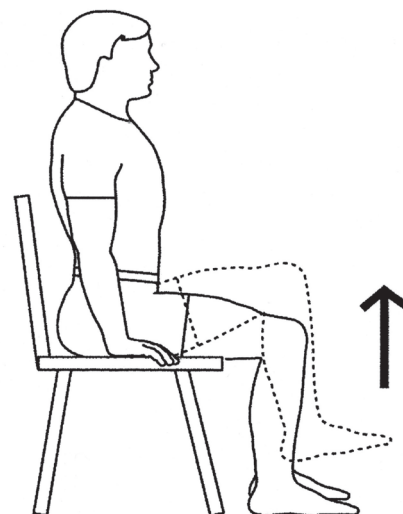


# Hips

## Leg lifts

- Sit in a chair with your feet on the floor, as shown.
- Lift one thigh and knee up as high as you can while keeping your knee bent.
- Slowly return to the starting position.
- Repeat with the other leg.

Each raising and lowering of the thigh and knee equals one repetition. Perform 10 repetitions with your right knee and 10 repetitions with your left knee once a day.



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## The arthritis experts at Norton Orthopedic Institute

Would you like to learn more about keeping your body in motion? Norton Orthopedic Institute offers many ways to help prevent and treat arthritis, as well as care for injuries and other conditions that affect the bones and joints. Our board-certified physicians – many of whom are fellowship trained – work together with nurses, therapists, physiatrists and other care providers to offer a full range of orthopedic services. From diagnosis through recovery, our goal is to restore maximum function so that you can keep your body in motion.

To make an appointment with an orthopedic specialist or to learn more about preventing arthritis, call **(502) 629-1234** or visit **NortonHealthcare.com**.



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