

# Neck and Shoulders

ARTHRITIS  FIGHT IT!

## Chin Tuck

Stand up or sit up straight, head level and looking straight forward. Put your index finger on your nose.



Then draw your head back gently from your finger. Keep looking forward as your head moves backward.

You'll feel the back of your neck lengthen and straighten. Hold for three seconds.

## Neck Bend

Look straight ahead. Slowly lower your left ear to your left shoulder, then lift your head back up to the centre.



Next slowly lower your right ear to your right shoulder, then lift your head back up to the centre.

## Neck Turn

Slowly turn your head left so that you are looking over your left shoulder, then turn it right to look over your right shoulder. Finally turn your head back to the centre.



## Shoulder Circles

With shoulders relaxed and arms resting loosely at your sides (or in your lap if you're seated), gently roll your shoulders forward, up, back, and down. Reverse direction. You can do this exercise alternating shoulders or both at the same time.



## Shoulderblade Pinch

Sit or stand with your shoulders relaxed. Keep your chin tucked in. Raise your arms out to the sides with elbows bent. Pinch your shoulder blades together by moving your elbows as far back as you can. Hold for three seconds, then relax.



## Forward Arm Lift

Sitting or standing, start with both arms hanging loosely at your sides.

Keep your palms toward your sides, with thumbs up. Lift your arms forward and up past your ears.



Then slowly lower them back to your sides.

# Elbows, Wrists and Fingers

## Finger Tuck

Hold one hand up pointing to the ceiling, fingers and knuckles straight. Bend your fingers, and tuck the tips down. Keep your knuckles straight, making sure they don't move. Stretch fingers back up to their original position. Change sides.



## Elbow Bend

With your arms hanging loosely at your sides, bend your elbow, bringing your hand up so your fingers touch your shoulder. Then slowly lower your arm back to your side.



## Thumb Stretch

Stretch your thumb as far as possible away from your fingers.



## Finger Slide

Lay your hand, palm down, on a table, with fingers and thumb extended and touching. Slide your thumb

away from your fingers, then slide your index finger toward your thumb (keeping the rest of the hand immobile),

your long finger toward your index finger, and so on for all your fingers. Then relax your hand. Change sides.



## Wrist Bend

Start with your elbow bent at 90 degrees and tucked at your side. Keep your thumb side up and fingers relaxed. Grip your forearm with your other hand to hold it still. Moving only your wrist, bring your hand toward you into flexion and then backward into extension. (Remember to keep your fingers relaxed, otherwise taut finger tendons will limit the range of the wrist extension.)



## Elbow Roll

Start with your elbow bent at 90 degrees and tucked into your side. Point your thumb toward the ceiling.

Now roll your thumb to the outside (palm up) as far as you can. Then roll your palm down so that it faces the floor. Finally, roll your palm back to the starting position. Change sides.



## Finger Touch

Holding your wrist, form the letter 'O' by lightly touching your thumb to each fingertip.



## Back and Torso

### Pelvic Tilt

Lie flat with your knees slightly bent. Pull your stomach muscles up and in, and flatten your lower back into the bed. Tilt your pelvis back as you tighten your buttocks. Hold, then relax. Try hissing out loud to tighten your stomach muscles.



### Trunk Rotation

Lie flat with your knees bent. With both shoulders touching the bed and your knees together, slowly rock both legs to the left toward the bed. Hold for a count of three, then slowly return your legs to their original position. Do the same movements to the right.



### Knee-to-Chest Stretch

Lie flat with left knee bent and right leg straight. Grasping your left leg with both hands, bring your left knee toward your chest. Hold for 20 to 30 seconds and then lower your leg to its original position. Repeat on the right.



## Hips and Knees

### Side Bend

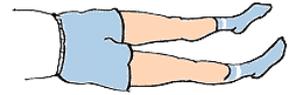
Stand with your feet shoulder-width apart, knees slightly bent and tummy tucked in.

Reach your right arm up and over your head to the left side. Your left arm reaches down your left leg to your knee. Let your body lean into the stretch. (If there's any pain, you're reaching too far.)

Hold for a count of three. Return to your starting position. Change arms. You can also do this exercise sitting in a straight-backed chair.



## Hip Rolls



Lie flat with your knees straight and legs far apart. Roll your feet and knees toward each other so that you're pigeon-toed, then roll them out. It may feel like your feet are doing the work, but actually it's your hips.

## Hip Swing

Standing behind and slightly to the left of a sturdy, straight-backed chair, with knees slightly bent and hands on the chair for support, slowly swing your left leg forward and then back. Keep your back straight, and try not to arch your spine. Repeat with your right leg.



## Hamstring Stretch

Sitting at the edge of a chair or bed, straighten your left leg out in front of you and rest your heel on the floor or a small stool. Sit up straight, then gently bend forward at the hips until you feel a gentle stretch on the back of your left leg. Hold for 20 to 30 seconds. Sit up slowly and repeat on the right.



## Quadriceps Stretch

Standing, holding onto a counter-top for balance, raise your left heel behind you and take hold of it with your left hand or a looped belt. Pull your left foot toward your buttocks until you feel a gentle stretch on the front of your thigh.

Hold for 20 to 30 seconds.

Lower your leg and repeat on the right.



## Ankles and Feet

### Ankle Circles

Sitting properly in a straight-backed kitchen chair, lift your left leg with knee straight and draw a circle in the air with your big toe. Reverse the direction of the circle.

Be sure to keep your leg still. Repeat with the right leg.



## Towel Grabber

Spread out a towel in front of a straight-backed kitchen chair. Sitting properly, place your bare,



left foot on the towel, with your heel on the edge closest to you. Keep your heel down.

Keep your toes straight, and draw the towel toward your heel by raising the arch of your foot.

Repeat with right foot.

## Foot Roll



Place a rolling pin or large dowel under the arch of your bare foot, and roll it back and forth.

## Upper Body Isometric

### Side Shoulder Press

Stand with one shoulder touching a wall and your foot 6 cm (3 in.) away from the wall.



Your arm can either be bent at the elbow or straight. Using only your upper arm, press against the wall as if you were trying to push it away. Hold the tightened muscle for a count of 10 and then relax. Repeat with the other shoulder.

### Backward Shoulder Press

Stand with your back against a wall and your heels 6 cm (3 in.) out from the wall. Keep one arm bent at the elbow. Push back against the wall using only the upper part of your bent arm.



Hold for a count of 10 and relax. Repeat with your other arm.

## Upper Body Isotonic

### Biceps Curl (1)

Use light hand-weights (0.25 to 1.5 kg, or 0.5 to 3 lb.) for this exercise.

You should be standing, with your knees slightly bent. Start with your arms hanging loose at your sides, with palms facing forward. Keeping your upper arms steady, bring your hands up toward your shoulders.



## Lateral Lift

Use light hand-weights (0.25 to 1.5 kg, or 0.5 to 3 lb.) for this exercise.

Start with your arms hanging loose at your sides, with palms facing in. With elbows straight and palms facing down, lift your arms to shoulder height.



## Biceps Curl (2)

Use an elastic fitness band for resistance. Make a loop by holding both ends of the fitness band in your right hand. Put your right foot into the loop and stand on the band. Bend your elbow, and lift your hand toward your shoulder. Hold for a beat, and then relax. Repeat on the left.



## Triceps Press

Use light hand-weights (0.25 to 1.5 kg, or 0.5 to 3 lb.) for this exercise. You should be standing, with your knees slightly bent. Your right hand should be at waist level, with your elbow bent.

Bend slightly forward supporting yourself with a chair or counter-top. Keeping your upper arm and shoulder steady, straighten your elbow behind you. Repeat with your left arm.



## Chest Press

Use an elastic fitness band for resistance. Sitting in a straight-backed chair, hold one end of the band in each hand, after passing the band snugly across your shoulder blades and under your arms.

(An alternative is to loop the band across the back of the chair, if you find the elastic is bothersome against your back.) Your elbows should be bent, and your thumbs up. Straighten your elbows, pressing your arms forward.

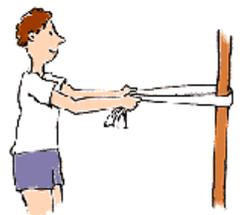
Hold for a beat, and then relax.



## Shoulder Retraction

Use an elastic fitness band for resistance. With the band looped around a sturdy post or table leg, hold one end of the band in each hand. Keeping your elbows tucked in, squeeze your shoulder blades together while pulling the ends of the band toward you.

Hold for a beat, and then relax.



# Lower Body Isometric

## Leg Push

Lie flat with your right knee bent and your left leg straight. Squeeze your buttocks as you push your left leg down into the bed. Hold for five seconds and repeat 10 times, before changing to the right leg.



## Knee Push

Lie with your knees bent and feet flat. Raise your left knee up toward your chest and then push against it with your left hand.

Hold for five seconds and then relax.

Repeat 10 times, before changing to the right leg.



# Lower Body Isotonic

## Knee Exerciser

Use a fitness elastic band for resistance. Make a loose loop with your fitness band.

Sit properly in a straight-backed chair, so that your legs are supported behind the knees by the chair's edge. Slip the band around your feet.

With the heel of one foot holding the fitness band against the floor, lift the other leg as far as you can against the resistance of the band.

Make sure to keep your back straight. Hold for a count of five, then relax. Repeat 10 times before changing sides.



## Leg Elastic Press

Use an elastic fitness band for resistance. Make a loose loop with your fitness band that's slightly larger than your waistband size. Lie flat with the loop encircling both legs just above the knee.

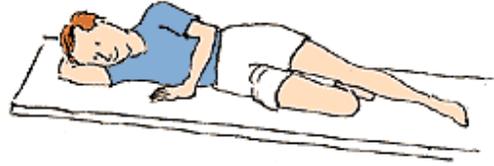
Keep one leg still, and slide the other leg away until the loop is taut.

Hold for a count of five and relax. Repeat 10 times before changing sides.



## Leg Raise

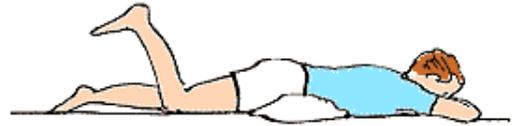
Lie on your side (using a pillow to cradle your head), with legs straight and in line with your spine. Keep your balance by placing your hand on your bed and bending your bottom knee. Lift your top leg straight up to the horizontal position.



Lower your leg slowly. Repeat 10 times before changing sides.

## Back Leg Lift

Lie on your stomach with one or two pillows under your hips and your forehead resting on your forearms. Bend your left knee slightly and tighten your buttocks.



Lift your left leg a few inches off the bed and hold for five seconds.

Relax and repeat 10 times before changing to your right leg.

## Knee Flexor

Use a fitness band for resistance. Wrap your band around a sturdy table or chair-leg and make a loop. Sit properly in a straight-backed chair placed a half-meter (2 ft.) away from the table-leg. Slip the band around your left heel and pull that foot back toward you.



Hold for a count of five and relax. Repeat 10 times before changing sides.