

Osteoarthritis Exercises

It is normal to feel aching or stretch when undertaking the exercises. If the pain becomes severe and lasts more than 20 – 30 minutes decrease the exercises frequency or less forcefully. If severe pain continues stop the exercises and consult your GP, or specialist



1 - Pendulum

Lean forward for support

Let the arm hang down

Swing arm – forward and backwards, side to side and make circles (clockwise and anti-clockwise).

Repeat each movement 5-10 times.



2 - Twisting outwards

Sit, hold a stick or an umbrella, this can also be done lying down

Keep your elbow into your side throughout

Push with unaffected arm so hand of your painful arm moves away from your side.

Do not let your body twist

Repeat 5-10 times



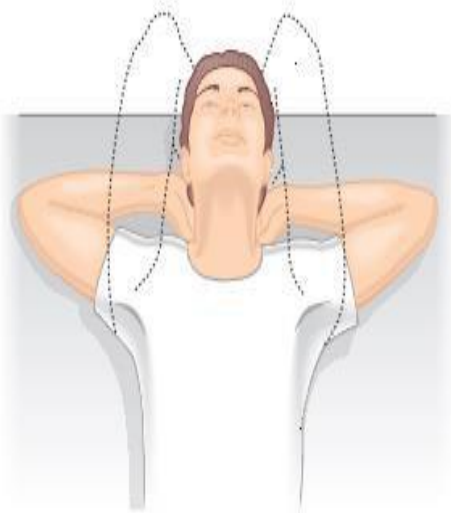
3 - Arm Overhead

Support problem arm with other hand at the wrist and lift it overhead

Do not let your back arch

You can also perform the exercise with your elbow bent

Repeat 5-10 times



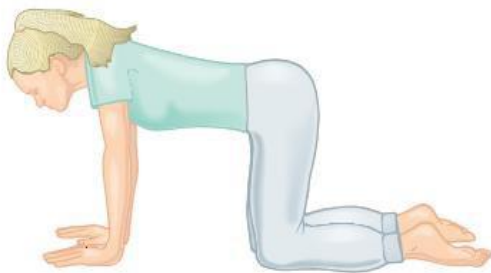
4 - Twisting outwards / arm overhead

Lie on your back with your knees bent

Place hands behind neck or head, elbows towards the ceiling

Let the elbows fall outwards

Repeat 5-10 times



5 - Keel on all 4's

Gently sit back towards your heels

Repeat 5-10 times



6 - Stretching the back of the shoulder

Standing with the arms by your side

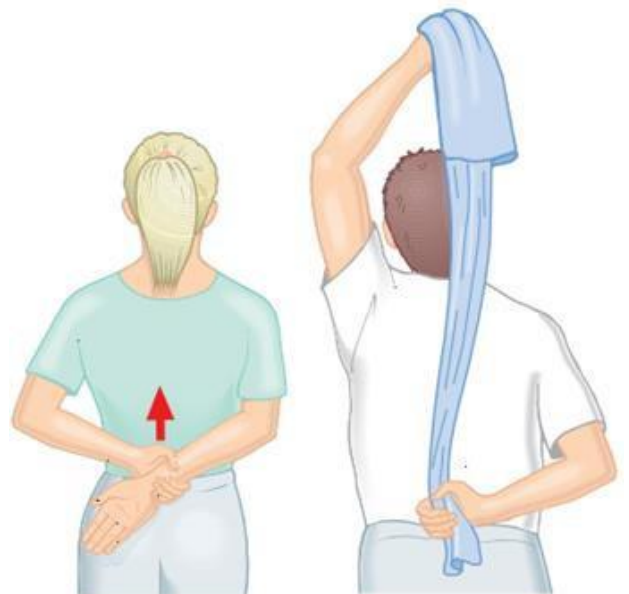
Grasp the wrist of the problem arm

Gently stretch arm towards the opposite buttocks

Slide your arm up your back

You can progress to use a towel

Repeat 5 times



This is often the last movement to return, do not force if it is painful, rather than stiff