

HOW TO GET STARTED

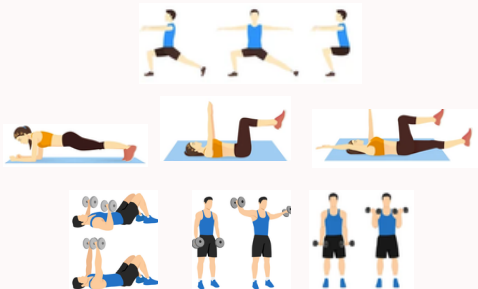
1. **Always be comfortable:** Wear loose clothes & supportive footwear
2. **Stay hydrated**
3. **Warm up for 10-15 minutes beforehand with range of motion (ROM) exercises** to improve circulation and minimise risk of injury
4. **Protect your joints:** Avoid jarring movements; walk on flat surfaces; try low-impact sports (eg. swimming/walking); stop your exercise if you feel any pain
5. **Cool down afterwards with ROM exercises** to return your heart rate back to normal & to prevent dizziness/fainting/sudden drops in blood pressure.
6. **Gradually build up your exercise routine:** Slowly increase the frequency, duration and intensity of your workouts
7. **Set realistic goals** and maybe find a friend to join you

FLEXIBILITY : Yoga or Tai Chi



MUSCLE STRENGTH TRAINING:

2-3x per week, 10-15 reps



AEROBIC FITNESS: Land or Water
For 20-30 minutes 3x per week



MORE INFORMATION

Cape Town Workout Spots



CBD:

- Sea Point Pavilion Swimming Pool
- Green Point Park
- Sea Point Promenade



Cape Flats:

- Khayelitsha Wetlands Park
- Nantes Park
- Westridge Gardens



Southern Suburbs:

- Newlands Forest
- Arderne Gardens
- Rondebosch Common
- Wynberg park



But you can find any local park that suits your needs!



Why not try this 30 day challenge?

- <https://www.arthritisresearch.ca/30-day-exercise-challenge-for-arthritis/>



Struggling to start? Use this website!

- <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/getting-started/how-to-start-an-exercise-program>

REFERENCES

- Gwinnut JM, Wiecek M, Cavalli G, et. al. Effects of physical exercise and body weight on disease-specific outcomes of people with rheumatic and musculoskeletal diseases (RMDs): systematic reviews and meta-analyses informing the 2021 EULAR recommendations for lifestyle improvements in people with RMDs. *RMD Open* 2022;8:e0022168. doi:10.1136/rmdopen-2021-002168.
- <https://www.heallo.com/news/rheumatology/20220404/eular-never-too-late-for-patients-with-rheumatic-disease-to-start-exercising>. Accessed 11/09/2022.
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EXERCISE AND ARTHRITIS



Your joints, muscles & bones make up your musculoskeletal system which helps you move. In arthritis and other musculoskeletal conditions, the normal function of these structures is affected, causing pain, stiffness and inflammation.

However, we now know that regular exercise is beneficial in the control and reduction of these symptoms.

WHY SHOULD I EXERCISE?



Benefits of Exercise for MY ARTHRITIS:

- Less pain and stiffness in joints
- More energy, less fatigue and better sleep
- Better functioning with daily activities due to greater muscle strength

Benefits of Exercise for MY OVERALL HEALTH:

- I will reduce my risk of developing heart disease and diabetes
- I will strengthen my bones and prevent osteoporosis
- I will boost my self-esteem, mood, and reduce my anxiety

WHICH EXERCISES SHOULD I DO FOR MY ARTHRITIS?

The main goal is to start moving and do some form of exercise every day. There are many exercises to choose from, but combining exercises that target strengthening, stretching and balance have shown greatest benefit.

These are some exercises shown to target specific musculoskeletal conditions:

KEY: Helps with...

- ★ Disease activity ♦ Functioning * Pain
♥ Quality of life ■ Stiffness ☆ Fatigue

OSTEOARTHRITIS

- Yoga ♦
- Land-based ♦*
- Tai chi ♦*♥■
- Water-based ♦♥
- Muscle strengthening ♦*

FIBROMYALGIA

- Yoga ♦
- Land-based ♦*
- Tai chi ♦*♥■
- Water-based ♦♥
- Muscle strengthening ♦*

SYSTEMIC SCLEROSIS

- Muscle strengthening ♦*
- Land-based *

RHEUMATOID ARTHRITIS

- Land-based ♦*
- Muscle strengthening ♦*
- Yoga ♦
- Water-based ♦*

AXIAL SPONDYLO- ARTHRITIS (ANKYLOSING SPONDYLITIS)

- Land-based ♦*
- Muscle strengthening ♦*
- Water-based ♦*

PSORIATIC ARTHRITIS

- Muscle strengthening ♦♦

SLE (LUPUS)

- Land-based ☆

MISCONCEPTIONS

1. Exercise will worsen my arthritis

False! Studies have shown that exercise is safe for people with arthritis and helps with joint motion and reducing stiffness. This stabilises the joint.

2. My medication is all I need

False! Exercise is key to managing arthritis. Physical activity *combined with* your prescribed medication will lead to the best possible outcome.

3. I can only exercise if I have a gym membership

False! Many exercises can be done in the comfort of your own home - you can even use filled water bottles or food tins as weights! Find a route in your neighbourhood to go for walks or jogs, or explore other places like parks, promenades or forest trails. Public pools are a great place to complete your water activities.

4. I'm too old to start exercising

False! It is never too late to start exercising! Working out should be tailored according to your ability, and is encouraged to prevent physical inactivity.

5. I won't be able to stay motivated

False! Try these tricks to keep you on track:

- Schedule your workouts in a diary or calendar
- Write down short- and long-term exercise goals and reward yourself when you achieve them
- Work out with a partner, friends and/or family

