TOP 10 EXERCISES
All exercises should be performed 20 times or as tolerated

1. Ankle Circles
   - Sit upright, keep abdominal muscles tight, chest high with legs stretched out in front
   - Slowly circle your feet in one direction 20 times, then in the other direction 20 times (if you have difficulty try using one leg at a time)

2. Heel/Toe Lift
   - Sit upright on the edge of a chair or stool with your feet flat on the floor
   - Lift heels for three seconds, keeping toes on the floor
   - Return feet to flat position then lift toes for three seconds

3. Knee Raises
   - Sit upright on the edge of a chair or stool
   - Keeping abdominal muscles tight, lift one knee as high as you can without bending your back (You can assist lifting your knee higher with your hands)
   - Slowly lower your foot down to the floor
   (Note: Avoid this exercise if you’ve had a total hip replacement)

4. Leg Lift with Ankle Movements
   - Sit upright, keeping abdominal muscles tight and back supported, then slowly straighten your knee
   - With the knee slightly bent, point your toes straight ahead, then reverse to point toes toward the ceiling
   - Lower leg
   - Repeat with other leg

5. Shoulder Stretches
   - Sit or stand with good posture, forearms close together in front of the body (Note: This start position is not suitable for those with osteoporosis)
   - Open arms at shoulder height, elbows bent and palms facing forward, squeezing shoulder blades together
   - Stretch arms overhead, keeping elbows out in line with body

6. Forward Arm Reaches
   - Sit or stand upright with arms at your side, elbows bent and thumbs pointing back toward your shoulders
   - Stretch arms overhead
   - If one of your arms is weak, you can help it by placing your hand under the elbow and assist in the weak arm to the overhead position
   - Lower arms slowly to the start position

7. Shoulder Squeeze & Wrist Stretch
   - Put palms and fingers together
   - Hold arms stretched out together in front of your body
   - Pull hands in towards your chest, making your elbows point outwards to each side
   - Press palms together as you move them closer to your body and squeeze shoulder blades together

8. Hip & Calf Stretch
   - Stand upright, keep abdominal muscles tight with arms outstretched and hands against a wall, elbows straight and feet hip-width apart
   - Keep shoulders and hips in a straight line as you place one leg behind you
   - Bend the knee of the front foot keeping heel of the back foot on the floor to feel the stretch in the calf on the back of the leg
   - Hold for 10 to 20 seconds, breathing deeply
   - Alternate legs (Note: If you cannot keep your heel on the floor bring your back foot forward more)

9. Finger Walk & Thumb Circles
   - Sit with hands on table, fingers pointing forward
   - Slide thumbs toward each other
   - Slide each finger one at a time towards the thumb
   - After the little finger has completed the “walk”, lift your hands and put them down straight
   - Move the thumb in a large circle in each direction

10. Walking
    - Take a walk every day; walking allows you to stretch your back and leg muscles and helps joints from becoming stiff due to inactivity
    - Pay attention to good posture; stand tall, chest high and keep abdominal muscles tight

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