

# MODIFYING ACTIVITIES FOR OSTEOARTHRITIS



## Activities That May Increase Your Pain & How To Modify Them

Activities	Examples	Modifications
<p>High impact</p>	<ul style="list-style-type: none"> <li>Stomping on shovel while digging</li> <li>Stomping while dancing</li> <li>Hopping, jogging, or skipping</li> </ul>	<ul style="list-style-type: none"> <li>Use your body weight to push down</li> <li>Tap your foot lightly on floor</li> <li>Fast walking or a high step march can get your heart rate up</li> </ul>
<p>Twisting</p>	<ul style="list-style-type: none"> <li>Plant &amp; pivot in dancing, ball sports, raking &amp; shoveling</li> <li>Standing postures in yoga, tai chi &amp; Pilates</li> <li>Extreme yoga &amp; Pilates postures</li> </ul>	<ul style="list-style-type: none"> <li>Move your feet, don't twist through your knee or back</li> <li>Keep your knee over your 2nd toe, no "knock knee" positions</li> <li>Don't go as deep into the position</li> <li>Chair yoga &amp; Pilates reformer may be easier</li> </ul>
<p>Forceful end of movement</p>	<ul style="list-style-type: none"> <li>Bouncing to stretch</li> <li>Rowing &amp; kicking vigorously</li> <li>Sitting on your heels &amp; squatting</li> </ul>	<ul style="list-style-type: none"> <li>A controlled hold at the point of discomfort is much more effective</li> <li>Move at a speed that allows you to control your movement, in your comfort zone</li> <li>Use a towel, yoga block or stool to limit how deep you bend</li> </ul>
<p>Getting down to floor or up</p>	<ul style="list-style-type: none"> <li>Gardening</li> <li>Cleaning</li> <li>Gym class, yoga</li> <li>Playing with children/grandchildren</li> </ul>	<ul style="list-style-type: none"> <li>Use a gardening bench or stool</li> <li>Use a stool, chair or aerobic step to lean on to help you get up &amp; down or to raise your seating level</li> </ul>
<p>Kneeling *</p>	<ul style="list-style-type: none"> <li>Cleaning, gardening, yoga, exercise, praying</li> </ul>	<ul style="list-style-type: none"> <li>Knee pads or rolled-up towels to kneel on if kneecaps are sore</li> <li>Roll up mat/towel &amp; put under shin below kneecaps</li> </ul>

\* Kneeling will not cause knee damage, but it may be uncomfortable if you have knee arthritis. You can either kneel on a firm, soft surface like a rolled-up towel or position a towel beneath your upper shin. For gardening, you may like a garden kneeler seat with side handles that help you get up from ground level.