

MODIFYING ACTIVITIES FOR OSTEOARTHRITIS

Activities That May Increase Your Pain & How To Modify Them

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

* 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.