

Joint Protection for Hips and Knees

Staying active has many health benefits. Here are some suggestions to maximize your energy and protect your joints while you are active.

<i>Plan your activities:</i>	<i>Change positions often Take rest breaks Alternate sitting and standing Walk or stair climb in moderation Shower instead of taking bath Arrange kitchen or workspace so items are easy to reach Identify which activities give you pain and modify as needed (i.e. smaller shopping trips twice a week vs one large trip)</i>
<i>Tips for Sitting:</i>	<i>Choose higher seat heights Raise the height of seat with a cushion Support both feet when sitting Move to front of chair and plant both feet before standing</i>
<i>Tips for Stairs</i>	<i>Always use railing Consider installing a second railing for a two-handed grip If stairs are difficult, do them one step at a time</i>
<i>Tips for Footwear</i>	<i>Choose comfortable supportive shoes Cushioned soles Lace ups Good arch support Firm heel cup 2.5 - 3.5 cm heel height (1- 1.5 inches)</i>
<i>Tips for maintaining a healthy weight</i>	<i>Stay physically active Eat a balanced healthy diet Follow Canada Food Guide</i>

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<p><i>Tips for Driving</i></p>	<p><i>Stop to take breaks on long trips</i> <i>Slide seat back before getting in or out of car</i> <i>Sit down before lifting leg into car</i> <i>Place both feet on ground before standing up</i> <i>If difficult to pivot in/out of car, place a folded garbage bag on seat</i> <i>Position seat in a slight recline (hip angle about 100 degrees)</i></p>
<p><i>Tips for staying physically active</i></p>	<p><i>Aim for 30 minutes of moderate activity per day</i> <i>Try walking, biking, water exercise, Tai Chi or low impact exercise classes</i> <i>Minimize activities that increase risk of injury: avoid strenuous twisting and jumping</i> <i>Work physical activity into everyday tasks, (i.e. park further from the store, etc.)</i></p>
<p><i>Helpful devices:</i></p>	<p><i>Walking poles or cane</i> <i>Suitcase with wheels</i> <i>Elevators / escalators</i> <i>Risers for bed or chairs</i> <i>Raised toilet seat</i> <i>Raised cushion</i> <i>Long-handled mop or dust pan</i> <i>Reacher</i> <i>Bath bench</i> <i>Chair with wheels to allow more mobility</i> <i>Drawers, hooks or Lazy Susan</i> <i>Trolley on wheels</i> <i>Wagon or wheelbarrow</i> <i>"Handi Bar" for getting in/out of the car</i></p>

Please discuss with an Arthritis Society therapist if you have questions.