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.

| Plan your activities: | 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)  

| Tips for Sitting: | 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  

| Tips for Stairs | Always use railing  
| | Consider installing a second railing for a two-handed grip  
| | If stairs are difficult, do them one step at a time  

| Tips for Footwear | 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)  

| Tips for maintaining a healthy weight | Stay physically active  
| | Eat a balanced healthy diet  
| | Follow Canada Food Guide  

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### Tips for Driving
- Stop to take breaks on long trips
- Slide seat back before getting in or out of car
- Sit down before lifting leg into car
- Place both feet on ground before standing up
- If difficult to pivot in/out of car, place a folded garbage bag on seat
- Position seat in a slight recline (hip angle about 100 degrees)

### Tips for staying physically active
- Aim for 30 minutes of moderate activity per day
- Try walking, biking, water exercise, Tai Chi or low impact exercise classes
- Minimize activities that increase risk of injury: avoid strenuous twisting and jumping
- Work physical activity into everyday tasks, (i.e. park further from the store, etc.)

### Helpful devices:
- Walking poles or cane
- Suitcase with wheels
- Elevators / escalators
- Risers for bed or chairs
- Raised toilet seat
- Raised cushion
- Long-handled mop or dust pan
- Reacher
- Bath bench
- Chair with wheels to allow more mobility
- Drawers, hooks or Lazy Susan
- Trolley on wheels
- Wagon or wheelbarrow
- “Handi Bar” for getting in/out of the car

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

### Contact Information

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