









## Daily exercises to help with inflammatory arthritis

Regular exercise maintains joint movement and muscle strength. It is important to perform these movements slowly, nudging into the stiffness right at the end of each exercise. Hold the final position for a couple of seconds to activate your muscles fully. These exercises can be done at any time of the day.

 <p>©PhysioTools Ltd</p>	<ul style="list-style-type: none"> <li>• Hold your wrist and fingers straight.</li> <li>• Hook your fingers then make a full fist as shown.</li> <li>• Repeat 5 times.</li> </ul>	 <p>©PhysioTools Ltd</p>	
 <p>©PhysioTools Ltd</p>	<ul style="list-style-type: none"> <li>• Pinch your thumb against each fingertip making an 'O' shape</li> <li>• Then slide your thumb down to the base of the little finger.</li> <li>• Repeat 5 times.</li> </ul>	 <p>©PhysioTools Ltd</p>	<ul style="list-style-type: none"> <li>• Straighten your fingers back.</li> <li>• Repeat 5 times.</li> </ul>
 <p>©PhysioTools Ltd</p>	<ul style="list-style-type: none"> <li>• Bend your wrist down keeping fingers relaxed.</li> <li>• Repeat 5 times.</li> </ul>	 <p>©PhysioTools Ltd</p>	<ul style="list-style-type: none"> <li>• Arch the wrist back keeping fingers relaxed.</li> <li>• Repeat 5 times.</li> </ul>
 <p>©PhysioTools Ltd</p>	<ul style="list-style-type: none"> <li>• Sit or stand with your elbow bent.</li> <li>• Turn your palm up and down rotating your forearm.</li> <li>• Repeat 5 times.</li> </ul>		

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 <p>©PhysioTools Ltd</p>	<ul style="list-style-type: none"> <li>• Lift both arms straight forward and up over your head.</li> <li>• Then separate your arms sideways and take them back down to the starting position.</li> <li>• Repeat 5 times.</li> </ul>	 <p>©PhysioTools Ltd</p>	<ul style="list-style-type: none"> <li>• Sit up tall, extend upper spine then pull head back until in line with body.</li> <li>• Place your hands behind your ears, elbows pointing outwards.</li> <li>• Take a deep breath in through nose and out through mouth, expand lungs fully each time (especially the bases)</li> <li>• Repeat once or twice.</li> </ul>
 <p>©PhysioTools Ltd</p>	<ul style="list-style-type: none"> <li>• Sitting.</li> <li>• Turn your head to one side until you feel a stretch.</li> <li>• Repeat once or twice to each side.</li> </ul>	 <p>©PhysioTools Ltd</p>	<ul style="list-style-type: none"> <li>• Sitting.</li> <li>• Tilt your head toward one shoulder until you feel the stretch on the opposite side.</li> <li>• Repeat once or twice to each side.</li> </ul>
 <p>©PhysioTools Ltd</p>	<ul style="list-style-type: none"> <li>• Sitting.</li> <li>• Bend your head forward until you feel a stretch behind your neck.</li> <li>• Repeat once or twice.</li> </ul>	 <p>©PhysioTools Ltd</p>	<ul style="list-style-type: none"> <li>• Sitting.</li> <li>• Bend your head back as far as is comfortable (unless it makes you feel dizzy).</li> <li>• Repeat once or twice.</li> </ul>

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 <p>©PhysioTools Ltd</p>	<ul style="list-style-type: none"> <li>• Move your jaw forwards then backwards.</li> <li>• Repeat once or twice.</li> </ul>	 <p>©PhysioTools Ltd</p>	<ul style="list-style-type: none"> <li>• Lying or sitting.</li> <li>• Bend and straighten your toes.</li> <li>• Repeat 5 times.</li> </ul>
 <p>©PhysioTools Ltd</p>	<ul style="list-style-type: none"> <li>• Rotate your ankle. Change direction.</li> <li>• Repeat 5 times.</li> </ul>	 <p>©PhysioTools Ltd</p>	<ul style="list-style-type: none"> <li>• Pull your ankles upwards and then point down.</li> <li>• Repeat 5 times.</li> </ul>
 <p>©PhysioTools Ltd</p>	<ul style="list-style-type: none"> <li>• Pull your foot up towards you and then straighten your knee.</li> <li>• Return slowly to the starting position.</li> <li>• Repeat 5 times.</li> <li>• Can also be done lying down.</li> </ul>	 <p>©PhysioTools Ltd</p>	<ul style="list-style-type: none"> <li>• Stand straight and stretch tall holding on to something firm.</li> <li>• Take your leg back keeping your knee straight to further stretch the hip.</li> <li>• Keep your toes on the floor.</li> <li>• Repeat 5 times.</li> </ul>
 <p>©PhysioTools Ltd</p>	<ul style="list-style-type: none"> <li>• Lying on your back.</li> <li>• Slide your leg out to the side and then back in.</li> <li>• Repeat 5 times.</li> </ul>	 <p>©PhysioTools Ltd</p>	<ul style="list-style-type: none"> <li>• Lying on your back with a pillow under your head.</li> <li>• Pull your knee onto your stomach helping with your hands. Push your other leg down flat.</li> <li>• Repeat 5 times.</li> </ul>

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For further information or queries about these exercises please contact the Physiotherapy Outpatient Department on 0118 322 7811/7812.

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Reviewed: May 2020. Review due: May 2022