



ARTHRITIS WATER EXERCISE GUIDELINES

Arthritis I is a warm-water recreational exercise program designed specifically for people with arthritis. Its purpose is to reduce pain and stiffness. It may also increase range of motion of the joints. It consists of sessions lasting 45 minutes.

- 1. This program is NOT to replace or substitute any therapeutic exercise program prescribed by your doctor. If you have exercises from a physical or occupational therapist, please perform them before or after class.**
- 2. Listen to your body. If an exercise hurts, stop. If you get tired, rest.**
- 3. If any of your joints are inflamed, (one that is hot, red, swollen, painful) move it through its range of motion gently.**
- 4. If you are new to class, begin with a few repetitions and gently increase if it is within your comfort level.**
- 5. Exercise at your own pace. Do not work too hard or perform more repetitions than are comfortable for you.**
- 6. Do not rush through the exercises. Use slow, full movements and avoid bouncing.**
- 7. Breathe in a normal pattern. If you find yourself running out of breath, slow down.**
- 8. Do not allow anyone to assist you in moving any of your body parts.**
- 9. Maintain good posture while working joints under the water.**
- 10. Try not to grip the wall. Rest your arm or hand on the wall for balance.**
- 11. Increased pain in any joints that lasts for more than 2 hours after the session indicates that you should do fewer repetitions or skip the exercise in the next session.**
- 12. Muscle soreness is normal. It will get better as you get used to exercise. You may want to slow down in the next class.**
- 13. Feeling tired is normal, especially for the first few weeks. Plan a rest period.**
- 14. Enjoy yourself, have fun and meet new friends.**
- 15. Persons with open or infected areas on the skin are not allowed to participate in water exercise.**
- 16. If you have any questions, feel free to talk to the instructor at any time before, during or after the class.**

Wellness Center @ 247-3066 ext.6