

Around the House:

Saving Energy and Protecting your Joints

Stay Healthy

- Eat a well-balanced diet
- Maintain a healthy weight
- Exercise

Whether you have reached all the recommended goals in three months or not, you should have an exercise program in place. By exercising, you can help maintain healthy muscles around your new joint. With the permission from your surgeon and family doctor, try to exercise three to four times per week for 20-30 minutes. Remember, low impact activities are recommended. These include one to three mile walks, using a treadmill, stationery bike, an exercise program at a fitness center or a home program.

Stay Safe and Avoid Falls

- If not done already, pick up throw rugs and tack down loose carpeting. Cover slippery surfaces with carpets that are firmly anchored to the floor or have non-skid backs.
- Be aware of all floor hazards such as pets, small objects or uneven surfaces.
- Provide good lighting throughout the home. If not already done, consider installing night lights in the bathrooms, bedrooms and hallways.
- Keep extension cords and telephone cords out of pathways. **DO NOT** run wires under rugs, this is a fire hazard.
- **DO NOT** wear open-toe slippers or shoes without backs. They do not provide adequate support and can lead to slips and falls.
- Sit in chairs with arms. It makes it easier to get up.
- Rise slowly from either a sitting or lying position. This helps prevent feeling dizzy or light-headed.
- Do not lift heavy objects for the first few months, and then only do so with your surgeon's permission.
- Plan ahead. Gather all your supplies at one time. Put them within reach.
- Stop and think... use good judgment.

Recommended Exercise Classes

Arthritis Foundation Aquatic Program

Program participants are led by certified aquatic fitness professionals through a series of specially designed exercises. With the help of the water's buoyancy and resistance, the exercises can help with joint flexibility and muscular strength. The warm water (86-93°F) and gentle movements can also help relieve pain and stiffness. This program was developed by the Arthritis Foundation. You will need the permission of your surgeon before taking part in this program.

PACE (People with Arthritis Can Exercise)

PACE was also developed by the Arthritis Foundation. This program uses gentle activities to help with joint flexibility, range of motion, and muscle strength. This advanced program helps increase overall stamina with a brief, light, low-impact aerobic component. Your doctor's permission is required. All programs provided through Major Changes Incorporated are designed to help participants lead a more fulfilling, active, and healthy lifestyle.

All programs are one hour in length. Participants are encouraged to move at their own pace. We recommend that all participants consult with their doctor before starting any fitness or exercise program. The programs run continuously. You may start at any time. Students are encouraged to mix and match programs in order to promote a balanced fitness regimen.

For more information on other classes offered in your area, contact:

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