

Rebalance^{MD}

Movement

Many people with severe arthritis believe exercise will make them worse, and that they can't exercise until after they get their damaged joint replaced. Certainly, some exercises or sports you used to do may be difficult. But finding activities that you can do will greatly improve your health. Arthritis pain can be decreased by 30% with regular activity. Even small amounts of walking will improve your strength, balance, and mental health. Cycling can be especially good. Tai Chi is a very gentle type of exercise that almost anyone can do. It has specifically been shown in many research studies to be beneficial for patients with arthritis and other types of chronic pain. Swimming and water exercises are good for arthritis and can be explored once our pools are open again.

Our physiotherapists at RebalanceMD can help you by performing a virtual assessment of your situation, and give expert advice at a cost of \$50.00 per session.

Contact physio3@rebalancemd.com or 250-598-7410 to schedule your session.

For inspiration, DocMikeEvans: 23 and a half hours:

<https://www.youtube.com/watch?v=aUalnS6HIGo>

And:

<https://www.cbc.ca/news/canada/toronto/73-year-old-fitness-guru-1.5372232>

Order the Walk with Ease Program booklet from the American Arthritis Foundation:

<https://arthritis.org/health-wellness/healthy-living/physical-activity/walking/walk-with-ease/ww-e-about-the-program>

Try some virtual exercise classes like Y-Thrive Gold:

<https://www.youtube.com/playlist?list=PLA2C6WTFk7jXt74ZTc6DktqypvmiyCMR4>

Or have a look at Tai Chi with Dr Paul Lam:

<https://www.youtube.com/watch?v=tAOuEpa01j4>

Remember to start slowly and gradually increase your activity over several weeks. Be aware of your body and what feels healthy for you. Consider walking poles, canes, or bracing if that helps you move more. If you have heart issues, high blood pressure, dizziness or fainting, please consult with your primary care physician before starting new physical activities.

Your Physio is right: Motion is Lotion!

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