



BACK AND JOINT PROBLEMS AND PHYSICAL ACTIVITY

You might find the idea of exercising to manage a back or joint problem (also known as musculoskeletal conditions) surprising.

Yet staying active and following a carefully considered exercise program can play an important role in recovery and prevention.



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Regular exercise can strengthen muscles, improve posture, and have a positive effect on your mood and stress levels, all of which lowers the risk of joint problems. In fact, if you have had a back or joint problem the longer you remain inactive, the harder it is to recover and improve your mobility.¹



Before starting a new fitness program, be sure to do so in consultation with a medical practitioner.

CARDIOVASCULAR



STRENGTH TRAINING



CORE STABILIZATION



Are you trying to stay in shape? Why not try our Make One Small Change: Movement program? It's designed to help you adopt easy and achievable changes to keep active.



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CARDIOVASCULAR

Cardiovascular exercise (better known as cardio) increases both the heart rate and the amount of blood pumped out of the heart to the muscles and lungs. Cardio exercise releases hormones – called endorphins – which can have an immediate effect on your mood.



Aim to do at least 30 minutes of moderate cardio exercise (e.g. brisk walking), five times a week.¹

Other, more intense activities include cycling, jogging, swimming, and rowing.

STRENGTH TRAINING

Good bone strength is especially important for women and the elderly, who are prone to the bone disease known as osteoporosis.² Strength training and weight-bearing exercise is essential for strengthening the muscles which protect the bones and joints and the bones themselves, therefore reducing the risk of injury.



Aim to do at least 30 minutes of weight-bearing exercise, such as yoga, pilates, or resistance training, twice a week.

If you use weights, start with lighter weights and pay attention to how your body responds. Only add weight when the final repetitions feel too easy, and add the smallest possible weight increment.

CORE STABILIZATION

Strong core muscles are key to maintaining balance and stability.



Simple exercises, like the modified plank, kegels, and leg lifts, can help to strengthen the muscles in your trunk, improving your posture and decreasing the risk of injury.



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BACK AND JOINT PROBLEMS AND PHYSICAL ACTIVITY TIPS FOR SAFE AND EFFECTIVE EXERCISE

DON'T FORGET TO STRETCH.

Always warm up and cool down for 5 – 10 minutes before any exercise.

MONITOR ANY PAIN YOU MAY FEEL.

It is normal to feel sore for a day or two after beginning a new exercise – especially an intense one.

However, if pain begins immediately after activity, or persists after one or two weeks, seek advice from a medical practitioner.

AVOID EXERCISING IF YOU ARE ILL.

Take extra care when fatigued or if you are feeling cold symptoms. Flu, sore throat, or diarrhea sufferers should wait until a complete recovery is made.



USE PROPER FOOTWEAR AND CLOTHING

The right footwear is very important, and should be replaced when damaged.

SWITCH IT UP.

Consider switching types of sport, exercise, or movement from time to time, especially if you suffer from repetitive strain injuries.

TAKE IT SLOW.

This applies when you are feeling under the weather, beginning any new exercise, and even if you're in good shape.

REMEMBER:

If you suffer from back or joint problem, speak to a qualified fitness instructor or medical practitioner about possible modifications to exercises or activities to protect your back and prevent injury.



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