



Exercise Instructions

Supplement to CSA Patient Forum
October 17, 2022

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Getting started...



Make it fun!

Pick an activity that you enjoy, are interested in learning, feel confident doing.



Set goals.

Develop **SMART** goals:
Specific
Measureable
Acheivable
Realistic
Timed



Tell a friend.

Engaging friends and family will help provide support, encouragement and accountability.

xx

Remember...



150 minutes/week!



To achieve the health benefits associated with physical activity, adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



Examples of Physical Activities



Go for a walk

This is likely the most achievable form of physical activity. Be sure to walk briskly enough so that you start to sweat.



Commuting

Walk or bike to and from work; park further away from your work entrance, get off one stop earlier if on transit



Home Stretching and Strengthening

Engage in a daily home program, could include online instruction like Yoga, Tai Chi or Pilates



Seasonal Activities

Gardening, cross country skiing, skating, canoeing, hiking, paddleboarding



Home Chores

Tidying up the house, gardening, building a shed, changing the tires on your car



Sports

Weekly pick-up games of hockey, soccer; shooting hoops at the school; spikeball at the park

Examples of Exercise...

The following slides review basic exercises you can perform at home.

DISCLAIMER: If you have a history of cardiac disease, high blood pressure, respiratory disease, or other medical condition, or are pregnant, experiencing a flare of your arthritis, or are not used to exercise, it is important to check with your health care provider before starting an exercise program.

If you are beginning to exercise for the first time, or it has been a while since you have participated in regular exercise, expect mild muscle discomfort. This is normal and should reduce within hours or a few days after starting. If your discomfort persists for than 48 hours and is not improving, hold off on your exercise routine and contact your health care provider.



Examples of Exercise you can do at HOME

Stretching

Stretching exercises will help maintain flexibility and spinal mobility



Strengthening

Strengthening exercises will help maintain posture and improve function



Posture

Posture is the foundation of optimal function and appropriate exercise.

Good posture: Imagine a straight line that extends from your ear, through the centre of the shoulder, hip and ends at the ankle bone. You can check your posture up against a wall or door with your head up against a wall or door with your head back in a neutral position, buttocks and heels against the wall. Be sure to relax and keep your shoulders down.





Knees to chest

START: Lie flat, with your knees bent and feet flat on the floor.

EXERCISE: Gently bring your right knee towards your chest, then lower this leg back to the starting position. Repeat with the left leg.

HOLD: 3 seconds (approximately one exhale)

REPETITIONS: 10-15 per leg

NOTE: You may bring both knees to the chest at the same time. You may experience mild discomfort with this exercise, but it should not be painful.





Extension in lying

START: Lie flat on the floor, or bed, with or without a pillow.

EXERCISE: Reach both arms above your head. Reach with your fingers and extend your legs.

HOLD: 30 seconds, remember to breath deeply

REPETITIONS: 3





Bridge

START: Lie flat on the floor with your knees bent and feet flat on the floor. Arms are resting at your side.

EXERCISE: Lift your buttocks off the floor high enough to create a diagonal line from your knee to your arm pit.

HOLD: 5 seconds

REPETITIONS: 10-15

SETS: 2-3

NOTE: Keep your legs hip width apart (knees should not be touching). Keep thighs parallel.





Hamstring stretch

START: Lie flat on the floor with your knees bent and feet flat on the floor. Loop a towel or belt around your forefoot.

EXERCISE: Keeping your knee straight and your ankle flexed, gently lift your straight leg using the towel or belt as “arm extenders”. Lift your leg high enough that you start to feel a gentle burn/stretch in the back of your knee.

HOLD: 20 seconds (remember to breath)

REPEAT: 3 x per leg





Hip flexor stretch

START: Kneel on your left knee. Place your right foot flat on the floor in front of you, with your right knee bent.

EXERCISE: Lean forward and squeeze your buttocks until you feel a gentle burn/stretch in the front of your hip.

HOLD: 20 seconds

REPEAT: 3x per leg





Bird dog

START: Position yourself on all fours with your hands directly under your shoulders and your knees directly under your hips. Head and neck in neutral position.

EXERCISE: Tighten your abdominals. Reach your left arm forward, extending the elbow. Lift your right leg back, straightening your knee. Return to the start position, with your hands and knees on the floor. Repeat on the other side.

HOLD: 5 seconds

REPEAT: 10-15 x per side

SETS: 2-3

NOTE: Do not allow your pelvis to rock from side to side as you lift your leg. Do not let your stomach sag





Dead bug

START: Lie on your back. Lift your arms up, with elbows straight. Arms should be 90 degrees from your chest. Lift your legs so your hips and knees are bent at 90 degree angles.

EXERCISE: (Exhale) Slowly lower your right arm and left leg until they are just about the floor. (Inhale) Bring your right arm and left leg back to the starting position. Repeat on the other side.

HOLD: 5 seconds

REPEAT: 10 x per side

SETS: 2-3

NOTE: Keep your back flat against the floor for the duration of the exercise. Do not let your back arch.





Plank

START: Place elbows directly under your shoulders, forearms flat on the floor and in parallel. Ground toes on the floor and squeeze your buttocks. Keep your head, neck and torso in a neutral position and in line with your ankles. Keep eyes focused on your wrists. Do not look forward.

EXERCISE: Hold position. Remember to breathe.

HOLD: 20-30 seconds

REPEAT: 2-3 times

NOTE: Do not let your abdomen sag towards the floor. Do not flex at the hips. Maintain a neutral position.





Squats

START: Stand with feet shoulder-width apart, toes pointing forward.

EXERCISE: Squat down, as if you are going to sit on a chair. Only go as far as is comfortable and you can maintain your balance. Hold position for 5 seconds. Slowly stand up, pushing through your heels.

HOLD: 5 seconds

REPEAT: 10-15 times

SETS: 2-3

NOTE: Keep knees aligned over the first and second toes throughout the exercise.





Rotation in sitting

START: Find a hard back chair. Sit tall with your feet flat on the floor, buttocks to the back of the chair.

EXERCISE: Rotate your body and your head to look over your shoulder as far as you can without lifting your buttocks off the chair. You may use the arm rests or back of the chair to increase your rotation.

HOLD: 20-30 seconds

REPEAT: 2-3 x per side

NOTE: Keep shoulders down in a neutral position and feet flat on the floor.



Acknowledgements

This slide deck was created for the study entitled, “Physical activity in axial spondyloarthritis: development and implementation of an evidence-based health technology approach to improve adherence to recommended guidelines”.

Funding was provided by the Canadian Initiative in Outcomes for Rheumatology cAre (CIORA) – 2019 Multidisciplinary Care Teams

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