

Joint Health

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The New Golden Rule

* The more you move... the less stiffness you'll have. –The Tin Man



What is a joint?

- *What affects joint health?
- * Why should we really care?

Exercise as it Pertains to Joint Health

- * Weight bearing vs. non weight bearing exercise
- * Strength training
- * Stretching (how and when)
- * Core strengthening

When Exercising and Working

*Protect and support your joints!



Know Your Limits

- * If you are sore for more than 48 hours after exercise, you have done too much.

I worked out so hard
that I had to
use the
handicap railings to
squat and pee for
two solid weeks.



But there is more to the story...

* Weight:

- * Every pound that you lose takes 4 pounds of pressure in the knee.
- * Eleven pound weight loss may improve joint health-reduced risk of osteoarthritis in the by 50%!

Posture: How We Sit, Stand and Walk

- * Sitting considerations: while watching TV or using the computer.
- * Standing considerations: shoe choice
- * Walking considerations: heel to toe pattern



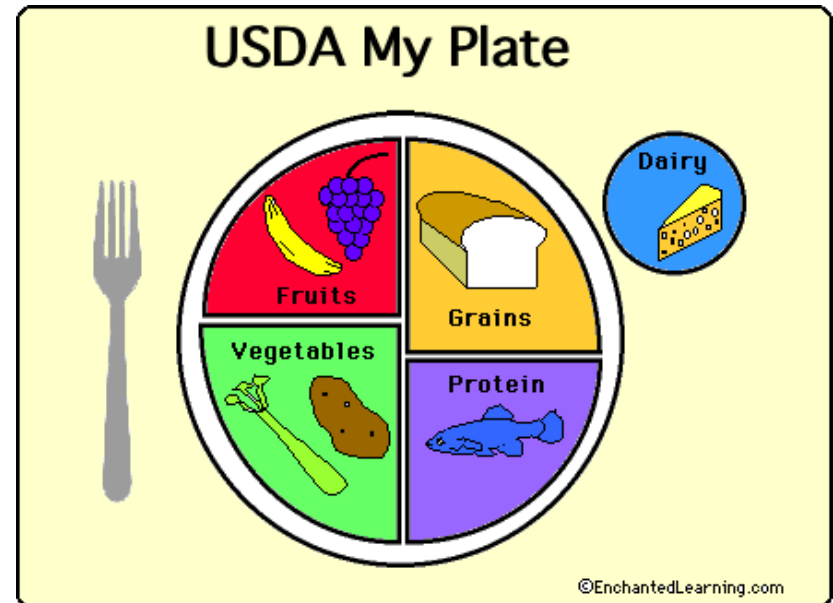
Body Mechanics: How We Move

- * Ease the load on your frame.
- * Balance what you are carrying.
- * Lift with palms up.
- * Hold items close to your body.
- * Slide rather than lift.

Diet

Like everything else... what goes in affects how we feel.

- * Dairy important for bone strength
- * Fish: anti inflammatory.
- * A colorful plate



Supplements

- * Vitamin C, E, K,
- * Omega 3 and fish oil capsule,
- * Glucosamine and calcium

Pamper Yourself... You Are Not Too Busy

- * Massage
- * Soak and sooth
- * Treat joint injuries (heat and ice)

