

ARTHRITIS

Arthritis occurs when the cartilage that cushions the joints on your hand, knees, shoulders or hips breaks down quicker than your body can replace it. Without this protective tissue, your bones rub together causing swelling, tenderness, stiffness and pain.

Your weight is the most important link between your diet and arthritis. Being overweight puts an extra burden on the weight bearing joints (back, hips, knees, ankles and feet) when they are already damaged or under strain.



****Consult your physician before exercising and taking any supplement****

Maria Daus
(Diet Technician Student)

DIET TIPS TO HELP YOUR ARTHRITIS

- Eat a balanced diet which gives you all the vitamins and minerals your body needs and which also keeps your weight down
- Eat more fruit and vegetables
- Take regular exercise

Arthritis Pain Supplements

- **Glucosamine**- Tested to be effective at easing the pain of arthritis and joint pain. Help re-build cartilage in the body. 1500 mg/day is the clinically recommended dose.
- **Chondroitin**- Draws fluid into cartilage to increase resistance and flexibility. 1200 mg/day is the recommended dosage.

**** Above supplements not recommended if allergic to seafood.**

Arthritis:



How to Keep your JOINTS and BONES Healthy



**Senior Nutrition Services
3013 D Street
Sacramento, CA 95816
(916) 444-9533**

BENEFITS OF EXERCISE

- Builds strong muscles around the joints
- Keeps your joints moving
- Keeps bone cartilage tissue strong and healthy
- Improves your ability to do daily activities
- Promotes overall health by:
 - *giving you energy
 - *makes your heart stronger
 - *controlling your weight
 - *decreasing depression
 - *helping you sleep better

TYPES OF EXERCISES

- **Range-of-motion:**
exercises that relieve stiffness, restore flexibility and help with joint movement.
- **Strengthening:**
exercise for weak muscles. Strength training can relieve knee pain, improve strength, and boost physical functioning.

EXERCISES YOU CAN DO TO RELIEVE ARTHRITIS SYMPTOMS

- 1. Shoulder stretch:**
Reach one palm over shoulder and place back of other hand on lower back. Slide hands toward each other, trying to touch fingertips (many people can't reach that far). Hold for 15 seconds, and then switch arms.
- 2. Finger stretch:**
Twist a large rubber band around all fingers. Gently spread fingers wide apart, using the rubber band as resistance.
- 3. Back stretch:**
Sit erect with feet apart. Place fingertips on shoulder with elbows spread wide apart. Gently bend over and twist so you move one elbow across and down to opposite knee. Hold for 15 seconds. Straighten up and gently bring both elbows back.

Repeat to other side, and then alternate 10 to 15 times.

4. Arm curl:

Hold one end of the elastic band in fist, palm up, the other end securely under arch of foot. Start with arm extended downward (but elbow not locked). Slowly curl forearm toward shoulder, keeping elbow close to side. Then lower slowly: repeat 10 to 20 times. Switch arms.

5. Hip swing:

Stand with one foot on a thick book or low stool: for stability hold on a door handle or chair back. Slowly swing the free leg forward and backward like a pendulum 10 to 20 times, keeping your foot pointed: then switch legs.

