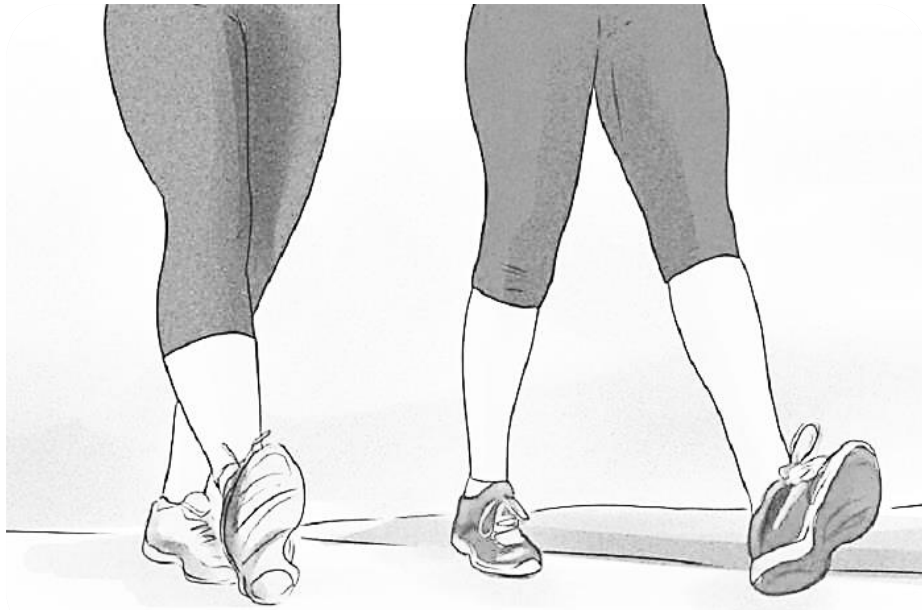


Joint Protection: Managing Activities with Hip, Knee, and Foot Arthritis



Always Listen to Your Pain!

If you have bad arthritis, it can be normal for more activity or exercise to cause a small increase in joint pain. If the pain doesn't go away within 2 hours of stopping the activity, it means you have done too much.

Don't stop being active entirely, just do a little less next time and build up more slowly, or change the way you do the activity.

What Is Joint Protection?

Protecting a joint means **changing the way you do activities to make them easier on your joints**. You do not have to avoid doing daily activities.

Why Should I Do This?

- Reduces the stress to your joints and decreases pain.
- Makes your daily activities easier.

How to Protect Your Joints

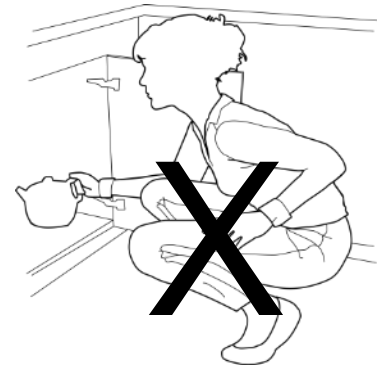
These tips help reduce the amount of stress going through an inflamed, weak, or damaged joint. Protecting our joints is especially important if your joints are swollen or painful.

1. Plan Ahead

- Plan walks where you know you can sit down along the way.
Try to rest before your joints hurt.
- Alternate physical activities with rest. Spread out hard tasks over several days. For example yard work and housework.
- Take short rest breaks during an activity. Use a timer as a reminder to take a break.
- Use a journal to keep track of how much of an activity you can do comfortably.
Planning ahead for rest breaks can help.

2. Keep your joints in a safe or neutral position

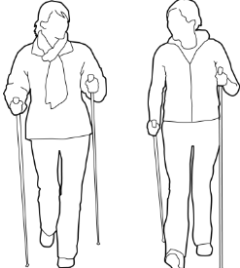


- Avoid squatting, kneeling, twisting, or jumping.
- Arrange your kitchen and work areas so the items that you use every day are stored near waist height or in easy reach.
- Avoid low seats.
- Use long handled tools such as a long-handled reacher or shoehorn.



3. Reduce the Weight on Your Joints

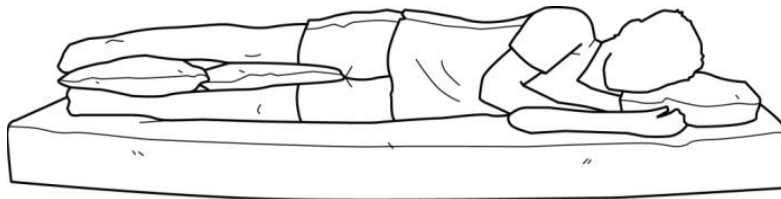
- Avoid heavy lifting and carrying. Use light-weight tools such as a vacuum.
- Sit to do activities instead of standing. For example ironing, gardening, and preparing meals.
- Keep a healthy body weight by eating a balanced diet and doing regular exercise.
- Do not stay in one position for a long period of time.



<p>Walking</p> 	<ul style="list-style-type: none"> → Use a walking aid to reduce the stress on your joints, such as a cane, walker, crutches, or walking poles. → Wear shock absorbing, supportive shoes and insoles. → Walk on softer surfaces such as grass, carpet etc. but avoid very uneven surfaces.
<p>Grocery shopping, work, running errands</p> 	<ul style="list-style-type: none"> → Use a cart instead of a basket, inside the store. → Use a wheeled shopping cart to get items home. → Use a wheeled backpack or laptop case. → Go through your bag or purse and take out anything you don't need on a daily basis.
<p>Standing up from a seated position</p> 	<ul style="list-style-type: none"> → Use higher chairs or a firm cushion to raise the height of chairs, sofas, and car seats. → Use a chair with armrests so that you can use your arms to push up from the chair. → If a joint is flared up, sit forward at the edge of the seat, place your sore leg slightly forward and push up with your arms.

4. Reduce stress on your joints while sleeping

- Sleep on a firm mattress. Add a piece of foam or sheepskin on top of your mattress if you want more cushioning.
- Use a pillow between your legs when lying on your side. This helps to support your hips and low back in a good position.



- A duvet or lightweight bedding can reduce pressure on your joints and the bed will be easier to make.
- Do not put a pillow under your knees when lying on your back if you have knee or hip arthritis. Your joints could get very stiff in the bent position.

5. Exercise

- Follow the exercises given to you by your health care team on a regular basis to keep your joints moving well long term. Your joints will also be in less pain if your muscles around the joint are strong to help support the joint.



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This information does not replace the advice given to you by your health care provider.

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