

10 Strategies for Joint Protection for Larger Joints

Planning

Think before starting:

- Can the work be more efficient?
- Can things be re-organized?
- Can certain jobs be delegated, or done less frequently?
- Do work when you're at your best



Pacing

- Break down tasks to be little and often
- Take regular breaks to change position
- Mix heavy and light jobs
- Start with the more difficult tasks first

Balance Activity and Rest

- Rest before becoming tired
- Plan rest periods during longer or more difficult activities
- By resting 10 minutes during an activity, you will have more energy to continue

Maintain Muscle Strength and Joint Range of Motion

- Achieve full range of each joint while performing daily activities
- Perform specific exercises and range-of-motion activities
- Loss of range of motion and strength leads to a loss of function

Respect for Pain

- Fear of pain results in inactivity and loss of motion and strength
- Disregard for pain can lead to poor movement patterns and can increase the pain
- Stop activities before reaching the point of discomfort or pain
- Limit activities which cause pain to last more than one hour after you have stopped the activity

Use Larger, Stronger Joint for Activities

- Instead of using fingers, use wrist; instead of using wrist, use elbow; instead of using elbow, use shoulder
- For example: to lift a bag from a counter, bend knees, hug the bag with both arms. Bend elbows so that the bag is held tightly to chest and straighten knees. Keep hold on the bag by keeping elbows bent. If the load is too heavy, push shopping cart, or get help with groceries-use drive up services.

Avoid Staying in One Position for Extended Periods of Time

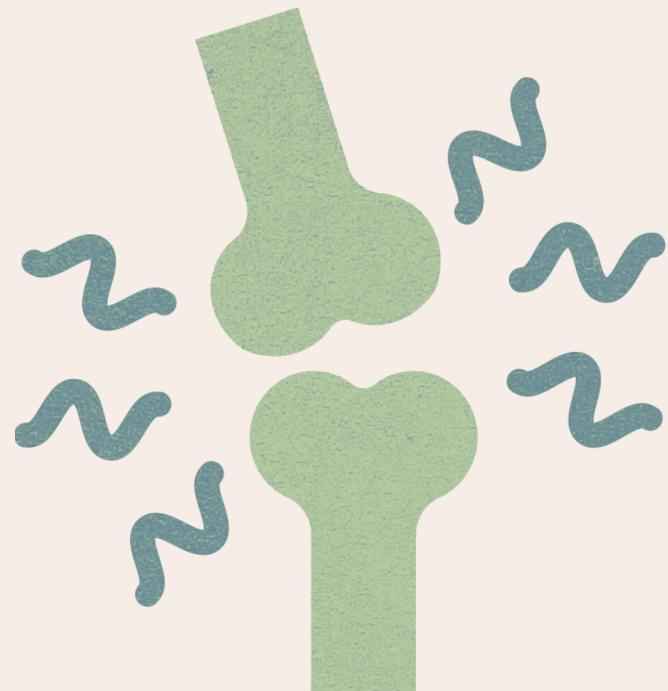
- Plan/set a reminder for when to change position
- Moving/getting up from your desk when at work regularly will help prevent stiffness
- Keep mobile

Maintain Good Movement Patterns

- If the body moves well, it can minimize stress on joints
- Proper body mechanics allows use of body more efficiently
- Try to avoid breath holding and jerky movements

Loosing Weight

Additional weight leads to increased stress on weight-bearing joints



Change the way you Move Objects

For example: Slide pots and pans across stove and counter to sink. Use a kitchen cart to carry foods and dishes and a laundry cart for laundry