

SOUTHPORT PHYSIOTHERAPY CENTRE

Summer 2020

Benefits of Movement and Physical Activity

Research has shown that regular exercise is one of the most effective treatments for arthritis.

Exercise can help to improve mobility, flexibility of joints, muscle strength, posture and balance.

It can also reduce pain and fatigue, muscle tension and stress.

Physical activity can improve overall health with benefits for the heart and lungs, increased bone strength, reduced body weight as well as reducing the risk of conditions such as diabetes. It has also been shown to improve sleep patterns, energy levels and mental wellbeing.

We should all exercise – but it is important to choose an appropriate exercise program which suits us as individuals.

Your physiotherapist is the expert in selecting the correct type of exercise and level of intensity for you to gain the best results. Factors such as medical conditions, general health and lifestyle should all be considered.

As a rule, you should do a combination of:

Flexibility- to maintain and improve the mobility of your joints and muscles.

Muscle strengthening- to support and reduce the load on the painful joints, strengthen the bones and improve balance.

Fitness- to improve heart and lung capacity.

There is not a one-size fits all mentality. An exercise program needs to be convenient and enjoyable. Low impact activities are useful to start. These are often functional and generally quite easy to incorporate into your lifestyle.

Common activities like- walking, water exercise, tai chi, yoga, cycling, dance can all help lay the foundations for better health.

Regular daily exercise for about 30 mins has been shown to provide health benefits.

You do not need to go to a gym or even have props or weights. Speak to your physio to organise a structured home program. Don't forget- activities like gardening, playing with pets or taking the stairs instead of the lift all count as exercise.

Build slowly- Set realistic time frames.

Exercise should never increase your pain. If your pain is aggravated – Stop. Then consider- Did you do too many? Did you do the exercise correctly? Did you allow enough rest between sets? If you are unsure- contact your physio.



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***You don't
have to
go fast-
you just
have to
go***

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