

At First, pain may flare up during exercise. As your body becomes stronger and more flexible, it will be better able to relax, helping to relieve pain naturally.

Exercise can help lessen pain. In some cases, exercise may help treat your underlying problem. Activity can improve your mood and your overall health. It can give you more energy, help you sleep, and help control weight.

Exercise Safely

- Consider working with a physical therapist if you haven't exercised in a long time or have physical limitations. He or she can teach you stretches and exercises that fit your condition and fitness level. We'll be happy to make you a referral.
- Start slowly! Gradually increase time and intensity. Exercise several times a week, not just on weekends. Even just a few minutes a day is better than not at all.

Ways to Exercise

- Use stretching and range of motion exercises to condition painful muscles and joints.
- Choose low-impact forms of exercise such as walking, biking, swimming, and other types of exercise. Several local physical therapy offices have pools available.
- Avoid high-impact activity. These involve jumping, running, or sudden starts, stops, or changes in direction.
- Try strength training. Use light weights. Gradually increase the number of repetitions you do in a session.

Make a Commitment

Work Towards a goal of exercising at least 3-5 times per week for 30 minutes each time!

- Choose activities you enjoy. Exercise with a friend, or join a class
- Be more active in your daily life. Take the stairs instead of the elevator. Park farther away than you have to and walk.
- Keep exercise clothes and shoes handy at work or in your car
- Set small goals, reward yourself when you meet them

Safe Exercise Tips

- Start each session with a "warm-up" of slow exercise. End with a "cool-down"
- Use heat or ice to relieve local discomfort
- Don't Give Up!