





**EXERCISE TO HELP PREVENT "STIFF JOINTS"**  
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JUST A LITTLE ABOUT ME....




- **Utah State University**  
Bachelor of Physical Education-  
Pre Physical Therapy, 2000

- **University of Utah**  
Masters of Physical Therapy, 2003  
Doctor of Physical Therapy, 2008





JUST A LITTLE ABOUT ME....

- I've been in clinical practice now for 14 years
- Work for "MountainStar Orthopedic and Sports Therapy"
- I've also taught Anatomy and Physiology at USU for the past 11 years



OUR CLINIC SETTING



WHAT CAUSES JOINT STIFFNESS?

INJURY?

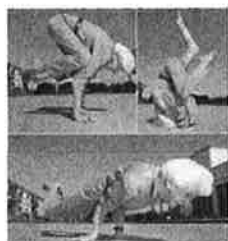




POSTURE/IMMOBILITY?



AGE?



WHAT EXERCISES ARE BEST FOR STIFF JOINTS?

- Range of motion/flexibility
- Aerobic/endurance exercises
- Strength training
- Core strengthening
- Other activities



© Fitness



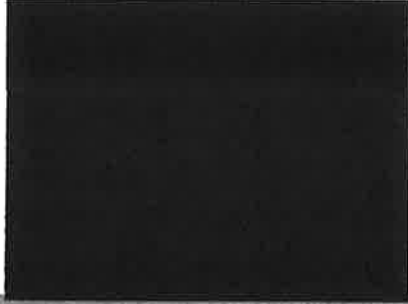
RANGE OF MOTION/FLEXIBILITY EXERCISES

ROM/FLEXIBILITY EXERCISES

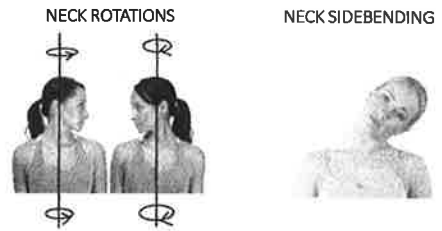
- Usually done 1-2 x per day
- Great way to cool down after exercise
- Good to do when you get up in the morning and/or before going to bed
- Try to do 2-3 sets, holding for at least 30 sec. at a mild to moderate stretch
- Try picking 2-4 stretches to do each day
- Which exercises are best?



STRETCHING IS A GREAT WAY TO RELIEVE STRESS



NECK RANGE OF MOTION/FLEXIBILITY



SPINE RANGE OF MOTION/FLEXIBILITY

PRAYER STRETCH



LOWER TRUNK ROTATIONS



SPINE RANGE OF MOTION/FLEXIBILITY

PRONE ON ELBOWS



PRONE PRESS UPS



SPINE RANGE OF MOTION/FLEXIBILITY

SINGLE KNEE TO CHEST



DOUBLE KNEE TO CHEST



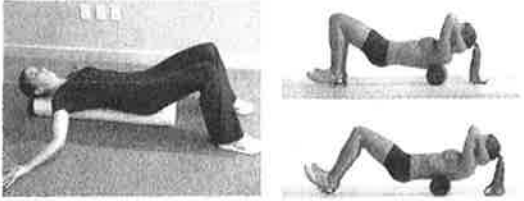
SPINE RANGE OF MOTION/FLEXIBILITY

PIRIFORMIS STRETCH




UPPER BODY STRETCHES

FOAM ROLLER STRETCH      FOAM ROLLER MOBILIZATION

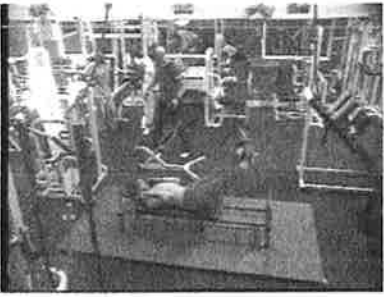


UPPER BODY STRETCHES

DOORWAY STRETCH      CROSS BODY STRETCH




LOWER BODY STRETCHES.....




LOWER BODY STRETCHES

QUAD STRETCH      HAMSTRING STRETCH



LOWER BODY STRETCHES

CALF STRETCH      HIP FLEXOR STRETCH



AEROBIC/ENDURANCE EXERCISE

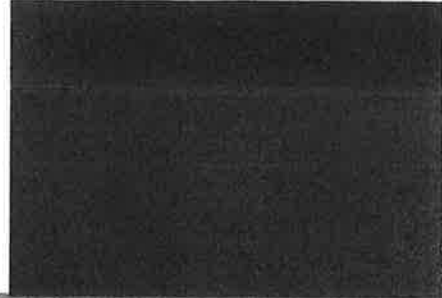
AEROBIC /ENDURANCE EXERCISE

- Low impact exercises are best
- 20-30 min, 4-5 days per week.
- Benefits of aerobic exercise include:
  - Strengthen the heart and lungs
  - Reduced fatigue
  - Improved stamina
  - Decreased body weight
  - Endorphin release



- Examples of good aerobic exercises for stiff joints:
  - Walking, Cycling, Elliptical, Swimming

AEROBIC /ENDURANCE EXERCISE



AEROBIC/ENDURANCE EXERCISE

BIKING

WALKING



AEROBIC/ENDURANCE EXERCISE

ELLIPTICAL

SWIMMING



STRENGTHENING EXERCISES

STRENGTHENING EXERCISES

- 2-3 times per week
- 20-30 min sessions
- How much weight?
  - Use a weight that causes you to reach muscle fatigue by 10-15 repetitions
- How many reps and sets?
  - 1-2 sets for beginners
  - 2-3 sets or more for experienced lifters
- What kind of exercises?



WHY NOT START EXERCISING WITH A FRIEND?



STRENGTHENING EXERCISES

SEATED/STANDING ROW

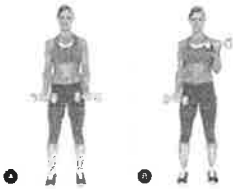


LAT PULL DOWN



STRENGTHENING EXERCISES

BICEP CURL



WALL/COUNTER TOP PUSH UPS



STRENGTHENING EXERCISES

CHAIR SQUATS



TOE RAISES



STRENGTHENING EXERCISES

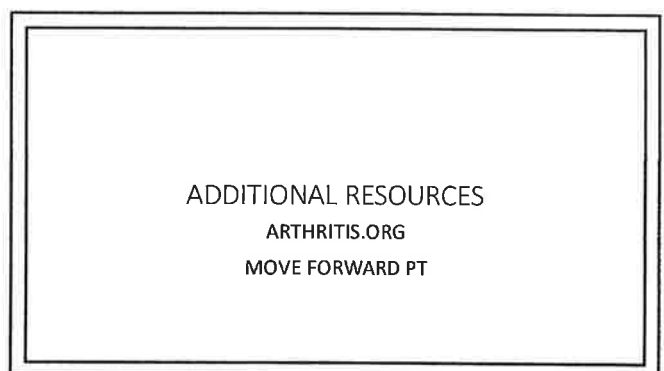
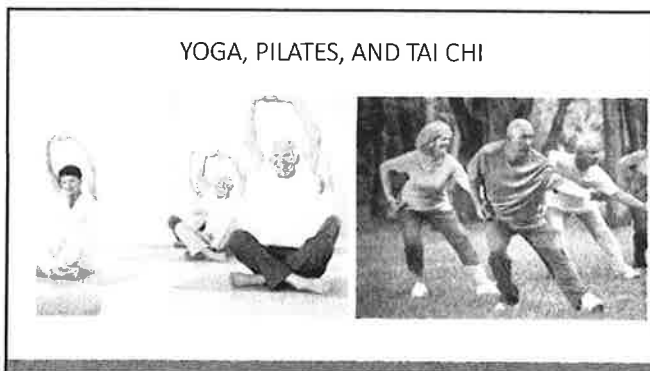
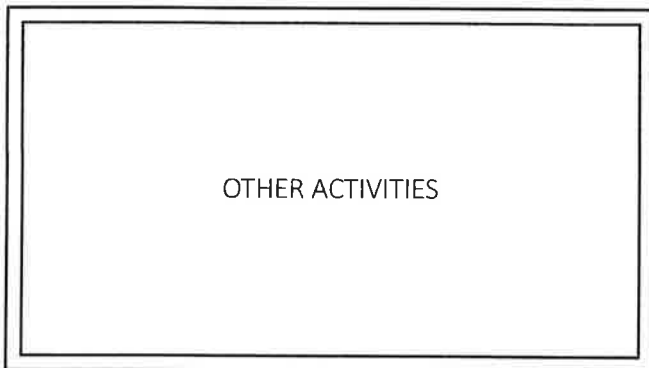
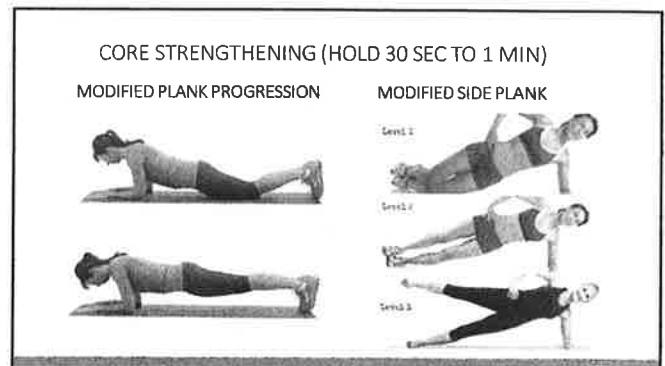
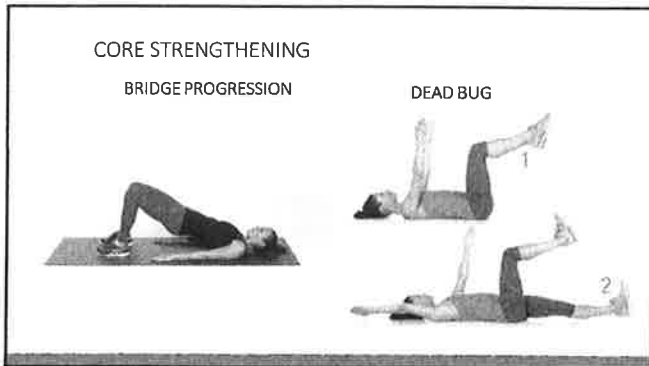
HIP ABDUCTION



HIP EXTENSION



CORE STRENGTHENING



QUESTIONS???



THANK YOU!!

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