

ARTHRITIS



&

YOGA



Yoga For Arthritis

I believe that if you keep moving your body you can actually help yourself with most things that may affect you health wise, both mentally and physically in your life. Let's talk about arthritis.

If you have arthritis occurring in your fingers, joints, wrists, knees, ankles, shoulders, hips or various parts of the body.

You can actually help with movement. Some of the movement might be too painful but you can always find alternative movements.



I always talk about breath. Breath to me is one of the most important things to use to keep movement.

It helps to keep the oxygenation in the blood. It helps the blood supply to the muscles and brain. This helps the blood supply to your joints.

Taking supplements such as fish oil and glucosamine is excellent too.

It will help with mobilisation and nourishment of the joints, but movement will help nourish the joints too.



If you are having particular issues with wrists,
there are poses in yoga that would be
impossible to do, but we do have some
alternatives.



Here Are Some Exercises That Can Help

We are going to start off with just a little
breath.



Breathing Exercise



- Sitting.
- Resting.
- Dropping your hands on to the knees.
 - Roll your shoulders.

(If you're not feeling comfortable with this position and you are finding it too hard on your hips or knees, find a position that is comfortable and stretch your legs out).

- Take a chi ball and place it at the base of your spine. It's just going to help you have something that you can lean on.



- Point your toes.
- Circle the ankles.
- Keep breathing, inhaling and exhaling through the nose.
- Now, reach up, taking in an inhale breath and exhale through the nose, reach up inhale and exhale, reaching both arms out in front of you. You have the ball at the base of your spine to help you with support.
- Inhale, reaching out as you exhale, feeling that long stretch up through the hamstrings.

**If that's going to be too strong
soften the knees.**



- Inhale, reaching up, and then exhale, reaching forward. Feeling a bit of a stretch their reaching out. Do that a few times.
- Inhaling. Reaching up, stretching out forwards as you exhale.
- Inhale. Reaching up, stretching out forward as you exhale.

I always talk about mobilizing the joints and mobilising the spine.

Give your shoulders a roll, roll your wrists, and keep mobilizing.



- If you can't cross your legs keep them stretched forwards. If you can, cross your legs, inhale, place one hand on the opposite knee and look over the opposite shoulder as you exhale. Mobilising the spine.
- Inhale again and look over the opposite shoulder, exhale. If this is feeling too difficult, keep your legs out straight in front of you.
- Inhale, exhale and turn.
- Take the ball away and come around to all fours.



(If it is too strong to go into that position, with your wrists, you can go to alternative positions here, taking their hands into a fist, or drop down onto the elbows).

Let's Do Some Stretches Here.

Get into the all fours position and extend one leg out, hold it and bring it back in to the all fours position.

Change to the opposite leg, extending leg out, hold and bringing it back into the all fours position.

In doing this we are mobilising hip joints.



- Inhale.

- Extend the leg, hold, and bring it back in.

- Exhale.

- Extend the leg, hold, and bring it back in.

Change to the opposite side, extend the leg,
hold, bring it back in.

If you are feeling like you can take this a
little bit further.

Take the leg out, stretch the leg out.





Point your toes, flex the foot, point the toes
and lower that down.

Inhale again.

Extend with the left leg. Point your toes, flex
the foot, point the toes, flex the foot,
and lower that down.



Now down onto the elbows.

**Hold it there and engage your core muscles,
strengthening through your centre.**

Coming down into a child's pose.

Make sure it is not too strong on your knees or
hips.

You can take your knees out to the side if you
want more comfort.



Here Is A Yoga Exercise For Arthritis



**Spine Stretch or Child's Pose with
Extended Arms**



Jill Healy-Quintard's Fitness and Wellness Tips.

Aim: To stretch the spine, hips, thighs and ankles.

To stretch shoulders, hands and wrists.

This is perfect as a rest and stretch between all exercises from Down Dog to floor work and especially after back exercises and a lead and flow into Cat Stretches.



Breathing

Inhale/Exhale through the nose and relax into this pose

- Move to the floor from Down Dog.
- Either spread the knees or keep straight ahead depending on weight, pregnancy and knee condition.
- Bring the front of torso to rest on the thighs if possible and forehead to or on the floor.



- Stretch arms in front. This can also be a chance for a wrist stretch by firstly lifting the fingertips and then lifting the wrists.
- The arms can also be along the side of the body.
- Keep the toes rolled under for a dynamic stretch of the toes as well and then prepare for Cat Stretch.

Watch Point: Lengthen arms as far as comfortable, knees hip width or separate further particularly if pregnant for more comfort.



Contraindications

Knee issues and recent hip replacement and shoulder issues with extended arms. Arms can be placed at the side of the body.

Come back up to sitting, inhaling – taking a deep breath and relaxing. Take it easy on your body while it is healing.



**This Ebook is a collaboration between Jill Healy-
Quintard, Yoga Teacher at bodyandbalance
& Global Healing Exchange**

