

- **Progressive Resistance Training (PRT)** has been shown to be beneficial in early Rheumatoid Arthritis.
- PRT builds up muscles, protects your joints, helps balance and improves a normal immune response. It reduces stress and improves your sleep quality.
- Exercise is a crucial part of your treatment. It is as important as taking your drugs.
- You will be booked into a weekly exercise class run by our Specialist Physiotherapists.
- Come prepared. Wear sensible clothing, trainer shoes and bring water.
- After a few weeks we expect you to continue your exercise sessions in the community. Many gyms are subsidised. Please ask our Physiotherapists for progressive resistance training facilities close to your home .
- In addition to supervised training we strongly recommend **training the main muscle groups at home** for 20 minutes. Use the exercises in this leaflet to train from home 3 times a week.

Week	MO	TU	WE	TH	FR	SA	SU	Total feel-time	feel-ing
1	✓		✓			✓		60	
2									
3									
4									
5									
6									
7									
8									
9									
10									

Your next steps:

PROGRESSIVE RESISTANCE TRAINING

Level 3

A Patient's Guide to Home Exercising

If you would like this information in another format i.e. large print or another language, please contact the Customer Service Team on 01793 604031

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1. STEP UPS (warm up)

Stand in front of a 20 - 40 cm step. Step up with one leg leading. Step down and repeat with the other leg leading. Warm up for five minutes.

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2. SIT TO STAND (Abs, legs)

Sit with good posture in a straight backed chair. Without using your hands to help, slowly stand up. Sit back down again without using your hands. Repeat.



3. ELBOW FLEXION (biceps)

Hold a hand weight in each hand. Stand with arms by your sides. Bend alternate elbows, bringing the weight towards your chin then relax.

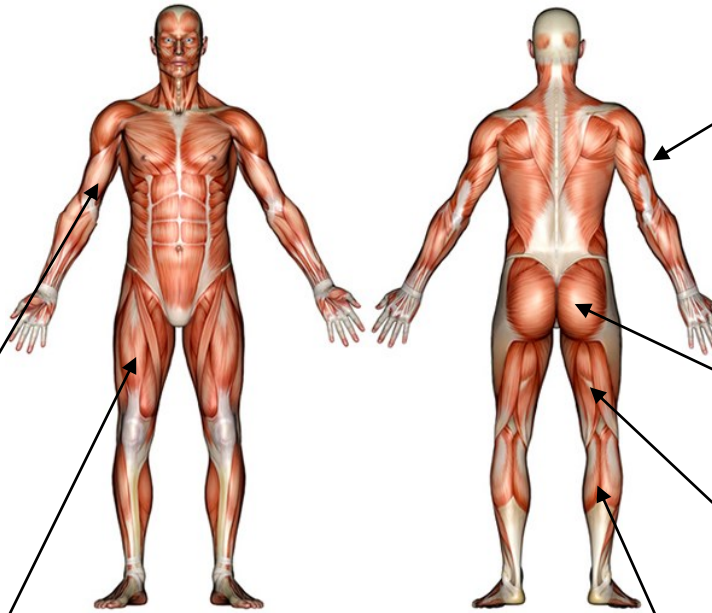
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4. SQUATS (quadriceps)

Support yourself by holding onto a chair with both hands. Slowly crouch down. Keep your back straight and heels on the floor. Stay down for 3 secs. Feel a stretch in your buttocks and thighs. Slowly return to standing. Repeat.

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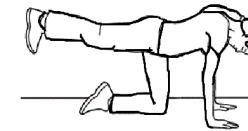
5. TRICEPS EXTENSION (triceps)

Lie on your back. Hold a weight with both hands over your head. Do not let your elbows drop to the side. Lift the weight up by stretching your elbows. Keep your upper arms still.



6. THE BRIDGE (gluteal muscles)

Lie with your back flat to the floor. Tighten your stomach muscles. Lift your hips off the floor while maintaining a flattened lumbar spine. Hold for 5 secs. Return to lying down. Repeat. Don't arch your spine during this exercise.



7. LEG EXTENSION (hamstrings)

Start on your hands and knees. Extend your right leg backwards. Hold it out straight behind you. Hold for 3 secs. Return to starting position. Repeat with the other leg.



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8. CALF RAISES (gastrocnemius)

Stand up straight. Use a chair for support if needed. Push up to stand on your toes. Hold for 5 seconds. Relax. Repeat.

- **Train for 20 minutes 3 times a week. Leave at least one day between PRT.**
- **You need two weights. Start with either 1 kg dumb bells or two plastic bottles of 1L of water**
- **Exercise in 3 sets with 8-12 repetitions**
- **Your final two repetitions should produce a burning feeling in your muscles, increase the resistance to achieve this**
- **It is natural and healthy for your muscles to ache for a few days when you start PRT**