



A little exercise goes a long way

By Sara McCall

EXERCISING IS IMPORTANT for everyone's overall health and is especially beneficial for people with psoriatic arthritis. If you're reluctant to exercise, here's something to keep in mind: Exercising doesn't mean pain and long workouts. You can enjoy the rewards of exercise just by adding little movements throughout your day. Here are some tips to get you started:

- Schedule 10-minute walk breaks in your planner or calendar.
- Do ankle rolls, heel/toe raises and knee lifts while sitting at your desk or in a chair.
- Park your car a little farther away than usual or avoid drive-up windows to add extra steps to your day.
- While watching television, do mild exercises during commercial breaks.
- If you can, take the stairs instead of the elevator. If you need to climb several stories, walk up one or two and then take the elevator.

Talk to your doctor before starting any exercise program, and stop any activity that causes extreme pain or discomfort. Ignoring pain is not a good idea and may lead to injury, so always listen to your body. Consult your doctor if you experience pain.

Go easy on your joints

If you have psoriatic arthritis, you may have difficulty performing basic tasks because of joint swelling, stiffness and pain. This just means you have to think creatively about how to do these tasks without discomfort. Preventative measures can help you avoid placing too much stress on your joints. Here are some tips for tackling every-day tasks:

- If you're doing a repetitive task such as vacuuming or ironing, take small breaks to give muscles and joints a rest.
- Switch hands to spread the work equally.
- Avoid activities involving prolonged standing or walking.
- If you can't avoid walking or standing, have a portable chair, walker or cane nearby in case you need to rest.
- Put the contents of squeeze-type bottles into containers that let you pour liquid out.

Know when enough is enough, and don't be shy about asking family and friends for help when you need it. 🙌

