

Joint Pain

Joint Pain Programme

This is your booklet for the Joint Pain Programme



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Welcome: what is the Joint Pain Programme?

Programme aims



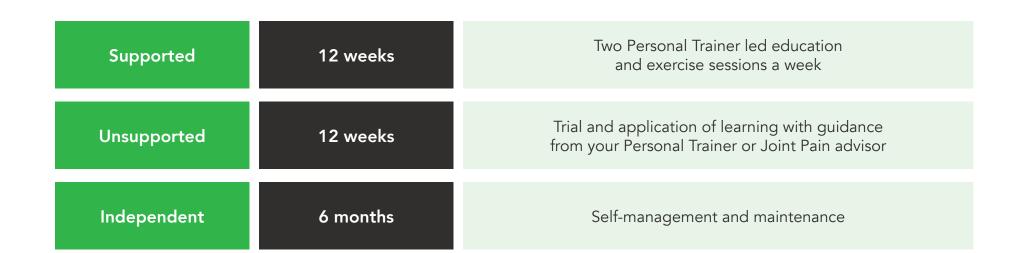
Enable you to manage your pain, get back to doing things you love and used to do without pain, fear or anxiety.



Help you find exercises that you enjoy, teach you to workout safely and ultimately reduce or eliminate pain.



Build a support community where you feel safe and comfortable, make friends and share experiences.



Joint Pain Programme structure

What to expect on the Joint Pain Programme journey

First session of the week

Emotional wellbeing Perceptions of pain

5. Healthy eating

6. Goal checking

8. Pain management

9. Weight management

11. Planning for success

12. Next steps

10. Sleep, rest and recovery

1. Introduction and goal setting 2. Why is exercise important?

Exercise and programming

Second session of the week

- Activity and exercise diary
- Step 3: acts of kindness to others
- Step 4: are you living your values?
- **Step 5:** the rule of opposites
- Step 6: be happy that you are happy
- Step 7: accept your mood
- Step 9: worry less
- Step 10: the rule of the purple cat





• Step 1: NHS emotional wellbeing advice

• Step 2: ask yourself questions to thrive

• Step 8: sleeping better

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Joint Pain Programme – Introduction

Exercise framework

The first session

The first exercise session will be circuit based training.

Improving fitness, strength and joint mobility.

Sessions focusing on your physical function, making movement easier and more stable.

Supported in a safe environment providing different exercises based on your function and ability.

Providing options for exercising in the gym and at home.

The second session

The second session of the week will follow this pattern to maximize your physical improvement.

Focusing on improving your joint mobility and strength to help reduce pain.

- 1. Cardiovascular
- 2. Joint mobility
- Joint stability
- . Joint strength
- 5. Cardiovascular
- **6.** Functional mobility
- Balance and stability
- Functional strength
- Cardiovascular
- **10.** Mobility
- **11.** Stability
- 12. Strength training

Examples

Examples of the exercise classes you may take part in.

Cardiovascular (CV)

Low impact CV training, step aerobics, cycling class

Mobility

Yoga, aqua training, progressive stretching

Stability

Yoga, aqua training, progressive stretching

Strength

Strength training, compound movements, machine weights

What are musculoskeletal conditions?

The term 'musculoskeletal conditions' is often used to include a broad range of health conditions affecting the bones, joints, muscles and spine, as well as rarer autoimmune conditions such as lupus. In fact, musculoskeletal conditions comprise over 100 different diseases and syndromes that interfere with people's ability to carry out their normal daily activities. Common symptoms include pain, stiffness and a loss of mobility and dexterity.

Broadly speaking there are three groups of musculoskeletal conditions:

Structure	Age	Progression	Prevalence	Impact	Main treatment	Treatment location	Risk factors
Inflammatory conditions: (e.g. rheumatoid arthritis)	Affects any age	Often rapid onset	Common (e.g. over 400,000 adults in the UK have rheumatoid arthritis)	Can affect any part of the body including skin, eye and internal organs	Treated by suppressing the immune system	Urgent specialist treatment needed usually provided in hospital (outpatients)	Genetic factors, sex, smoking, obesity and diet
Conditions of musculoskeletal pain (e.g. osteoarthritis, back pain)	More common with rising age	Gradual onset	Very common (e.g. 8.75 million people in the UK have sought treatment for osteoarthritis)	Affects the joints, spine and pain systems	Treated with physical activity and pain management, and in severe cases joint replacements	Treatment based in primary care	Age (late 40s onwards), sex, genetic factors, physical injury, obesity and previous joint illness or injury
Osteoporosis and fragility fractures (e.g. fracture after fall from height)	Affects mainly older people	Osteoporosis is a gradual weakening of bone, fragility fractures are sudden discrete events	Common (e.g. 300,000 fragility fractures occur in the UK each year)	Hip, wrist and spinal bones are most common sites of fractures	Medication to strengthen bones, falls prevention fracture treatment	Prevention is based in primary and ambulatory care; fractures may require surgery	Age, genetic factors, smoking, alcohol, inflammatory disorders, poor nutrition and low physical activity

Joint Pain Programme – Introduction

Joint Pain Programme - Week 1

Goal setting

Please write down what it is you want to achieve from this programme. Describe how important this is to you – you may want to add a numerical value from 1-5 to indicate how close you are to your goal. We will be reviewing this at the halfway mark and end point to track your personal progress.

Goal 1 Goal 2 Goal 3



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Week 1: what is Joint Pain?

Joint Pain is a combination of different conditions and disorders. There are two categories in which Joint Pain conditions can be classified.

Inflammatory conditions: Rheumatoid Arthritis Musculoskeletal pain: Osteoarthritis

Rheumatoid Arthritis is an autoimmune disease. This means your immune system – which usually fights infection – attacks the cells that line your joints by mistake, making the joints swollen, stiff and painful.

Over time, this can damage the joints, cartilage and nearby bone.

There may be periods where symptoms become worse, known as flare-ups or flares.

A flare can be difficult to predict, but with treatment it's possible to decrease the number of flares and minimise or prevent long-term damage to the joints.

Risk factors

- Weight (obesity)
- Hereditary (family history)
- · Gender (women 2x more likely after menopause)
- Occupation (manual work)
- Age (45+)

- Joint trauma or surgery
- Skeletal abnormality
- Smoking
- High sugar diet
- Sedentary lifestyle.

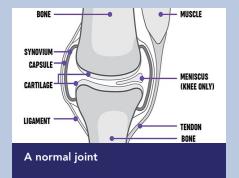
Osteoarthritis (OA) is the most common form of arthritis. It is found predominantly in knees, hips, feet and hands.

In a healthy joint there is a tough smooth coating at either end of the bone called cartilage, this allows the two bones to smoothly glide against each other.

When OA develops, the cartilage begins to become rough and thinner and stops smooth movement of the joint.

When the cartilage becomes more damaged, all tissue in and around the joint becomes more active and sensitive as the body tries to repair itself. The repair process can change the joint structure allowing the joint to move in a normal way. This alteration can cause stress, strain and further damage in that joint or elsewhere in the body.

Osteoarthritis is a natural process of joint change, these symptoms may start to affect your daily activities. There is no miracle cure, but there are a variety of factors that are important to treat.







by severe osteoarthritis

Joint Pain Programme - Week 1

Training programme classification

Each week a small table is available for you to be able to write down the exercises you performed during the session. Please make use of this so you are able to remember what you did during your session, and are able to build on it from there. Tracking your progress and recording your sessions will be important for when you complete the Supported Stage and move into the Un-Supported Stage. Your Joint Pain advisor will help you complete and understand the programme cards for each week.

Please see below a 'key' for what the different components for each section of the table means.

Exercise	Reps	Sets	Duration (m)	Recovery (s)	Weight (kg)
The name of the exercise that you performed.	A rep is the number of times you perform a specific exercise.	A set is the number of cycles of reps that you complete.	The length of time in minutes you performed an exercise.	The amount of time in seconds between sets of exercises before starting the exercise again.	The amount of weight in kilograms the exercise was performed with.

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Example exercise session

Structure	Example	Reps	Sets	Duration (m)	Recovery (s)	Weight (kg)
Warm up	Exercise bike			2-3		
Stretches	Active stretching			4		
Lower body	Squats	10-15	2	2	30	
Upper body	Shoulder press	10-15	2	2	30	
Core/stability	Wobble board		2	2	30	
Cardio	Bike			2-4	30	
Lower body	Leg extension	10-15	2	2	30	
Upper body	Chest press	10-15	2	2	30	
Core/stability	Single leg balance		2	2	30	
Cardio	Walking shuttle			2-4	30	
Cool down	Exercise bike			2-3		
Stretches	Active/ passive stretching			4		

Joint Pain Programme – Week 2

Programme card

Structure	Exercise	Reps	Sets	Duration (m)	Recovery (s)	Weight (kg)
Warm up						
Progressive stretches						
Cool down						
Stretches						

Week 2: why is exercise important?

Exercise is a vital part of managing the symptoms associated with Joint Pain. Because of pain, it is avoided by many individuals as it leads to people thinking that exercise can damage the joint.

Improved muscle strength

Muscles can become weaker in the presence of pain, due to inactivity. Strength training helps improve joint stability, reducing the symptoms of pain and swelling.

Weight loss

Obesity is the largest cause of Osteoarthritis. Moving more will help reduce weight, therefore less stress on the joints.

Overall physical and emotional wellbeing

Sometimes pain can make you feel low in mood and low in hope. Moving more helps reduce pain, it also contributes to improved mood, alertness and can make you calmer.

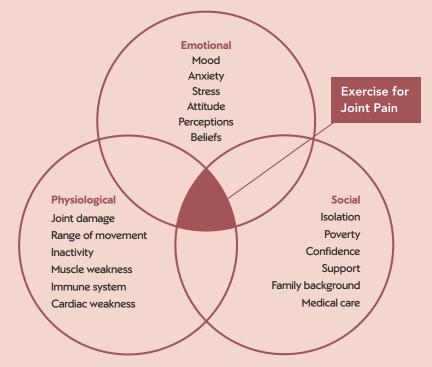
Social interaction

Pain can be very isolating and a person living with pain can feel like a burden on family and friends. The Joint Pain Programme provides participants with the ability to interact with others in a similar position, acting like a support community, giving participants more confidence in the gym and externally. Spending time sharing experiences brings people closer together.

The important styles of exercise

• Strength training • Flexibility • Cardiovascular

The most important factor is that you enjoy the exercise that you do so you keep doing it. Joint Pain is a cyclical process, you will experience ups and downs in the self-management journey.



Exercise you should aim for

Ideally 30 minutes of exercise, 5 times a week, that makes you a little short of breath. Start off slowly and break the exercise into 3 x 5-10 minute bouts. Spend 30 minutes a day on your feet. Active stretching before exercising is very important. Passive stretching should be performed afterwards.

Joint Pain Programme – Week 2

Activity and exercise diary

Recording your activity, whether it's attending the Joint Pain Programme, swimming, a yoga class or using exercise bands at home, will help you track your progress.

Setting small goals and tracking them each day is a positive way to stay active and engaged with people, places and events.

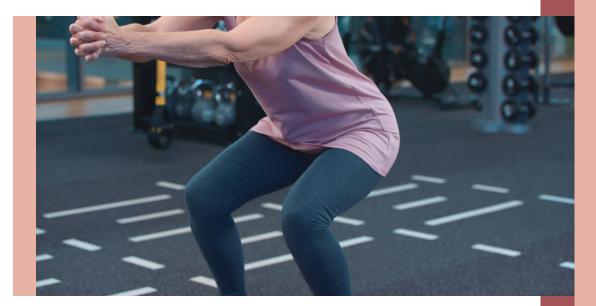
From getting the shopping to grabbing a coffee, small reminders of things you have achieved in the days and weeks make us smile and keep us positive.

Tracking your mood is a good way to know what actions give you pleasure and the ones that don't. Know that you will go through ups and downs on a daily basis with pain. Remembering the good days when you're low in mood will help you stay positive when you're having a bad day.

Activity I performed today

What I have achieved today

How I felt today



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Programme card

Structure	Exercise	Reps	Sets	Duration (m)	Recovery (s)	Weight (kg)
Warm up						
Progressive stretches						
Cool down						
Stretches						

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Joint Pain Programme – Week 3

Week 3: emotional wellbeing

Over the next 10 weeks we are going to be looking at small emotional wellbeing steps that can be completed to help support you through your journey. Starting with Step 1 we will look at ways we can support the education and exercise components of the Joint Pain Programme. Our emotional wellbeing can directly affect the amount of pain we perceive. If we are in control of our emotions, we have a greater control of our pain.

What is emotional wellbeing?

A state of wellbeing in which an individual can function effectively, can cope with the normal stresses of life, can work productively and fruitfully, is able to maintain relationships and make a contribution to his or her community. Emotional wellbeing occurs when your life feels in **BALANCE**.

How to spot poor emotional wellbeing:

- P Pleasure (reduced pleasure)
- A Appetite (poor appetite)
- **U** Unable to concentrate (inability to focus or concentrate)
- **S** Sleep (disturbed sleep)
- **E** Emotional changes (negative changes to your emotional state)



Feeling happy is a part of emotional wellbeing...but it's far from the whole picture.

Emotional wellbeing is...more than just absence of mental ill health.

Step 1: NHS emotional wellbeing advice

The NHS advises us to stay connected, be active and keep learning. These may seem simple steps, but can be difficult to accomplish.

Write down three ways you can begin to accomplish each of these steps.

For example:

Connected: I will call my family a minimum of once a week to check in with them.

Be active: I will do an exercise routine at home on top of my two Joint Pain sessions.

Connect	Be active	Keep learning
Connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.	You don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.	Learning new skills can give you a sense of achievement and new confidence.
Connect	Be active	Keep learning
1.	1.	1.
2.	2.	2.

4

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Joint Pain Programme – Week 4

Programme card

Structure	Exercise	Reps	Sets	Duration (m)	Recovery (s)	Weight (kg)
Warm up						
Progressive stretches						
Cool down						
Stretches						

Week 4: perceptions of pain

The definition of pain: "An unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage". Pain is unpleasant, and it is a complex biological mechanism that is influenced by many factors.

Age

75% of people over the age of 65 report pain from arthritis or other chronic conditions.

Medical conditions

Multiple chronic health conditions can cause hypersensitivity to pain conditions.

Gene

Early research suggests we can inherit a genetic vulnerability to pain.

Medication

Prolonged Codeine use will cause hyperalgesic effects: a heightened sensitivity to pain.

Emetiens

People with chronic pain are about three times more likely to develop depression and other mood disorders, and those with depression are three times more likely to have chronic pain

Support systems

When you are in a good place psychologically and you have good support around you, generally pain is affected in a positive way.

The amount of perceived pain depends on the context of how the brain evaluates it e.g. harm/damage. It's important to know you may feel pain after exercise. Identifying the difference between muscular pain and joint pain is important in order to recognise when to keep exercising and when to take a rest.

DOMS (Delayed Onset of Muscular Soreness) is the muscular pain you can experience 24 hours after a workout and it can linger for up to 48 hours. This pain won't cause joint swelling or redness (it's often referred to as good pain as you have exercised the correct muscles).

Pain can both create, and be a product of other, non-desirable effects which can influence our emotional wellbeing, including stress, disturbed sleep, reduced levels of concentration or cognitive functioning. It can also lead to depression.

Recognising how your pain is having an effect on these areas is important for finding future solutions. Pain can make you withdrawn from your usual social interactions making you feel lonely. Unhappiness increases as does pain.

This programme is not just about treating the joint pain but 'treating the whole person'.

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Joint Pain Programme - Week 4

Step 2: ask yourself questions to thrive

Lots of people put images in their minds about what they want - but to make these things happen you need to ask the right questions.

Start by holding an image of something you want in your mind – e.g. "A happier relationship".

Then ask "What am I going to do to make that happen?". Every time you get an answer ask "What else am I going to do?".

How can I...

- 1. Manage my expectations
- 2. Stay present
- 3. Connect
- 4. Make time for myself
- **5**. Visualise

 Visualise what you want and ask questions Example: about why and how you would make it happen? I want a healthier • What makes me believe I have a bad relationship? relationship with food. • How do I think having a better relationship will help me? • What can I do to have a better relationship with the food I eat? What do you want: I want... What do you want: l want...

Programme card

Structure	Exercise	Reps	Sets	Duration (m)	Recovery (s)	Weight (kg)
Warm up						
Progressive stretches						
Cool down						
Stretches						

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Week 5: healthy eating

A balanced diet and the right foods are vital for reducing the symptoms of pain. There are some foods that help reduce inflammation in our joints, actively working to reduce swelling and stiffness and there are other foods that will increase inflammation in our joints, making them stiff and painful.

Foods for healthy joints:

- Fish rich in omega-3 (salmon, tuna, mackerel and herring), soy beans, tofu and edamame beans
- Extra virgin olive oil, avocado and sunflower oil
- Broccoli high in calcium (slows the progression of OA)
- Green tea anything high in antioxidants
- Oranges, grapefruit and limes (vitamin C)
- Garlic limits cartilage damaging enzymes
- Walnuts, pine nuts, pistachios and almonds protein, calcium, fat, magnesium and vitamin E.



Foods that increase inflammation in joints:

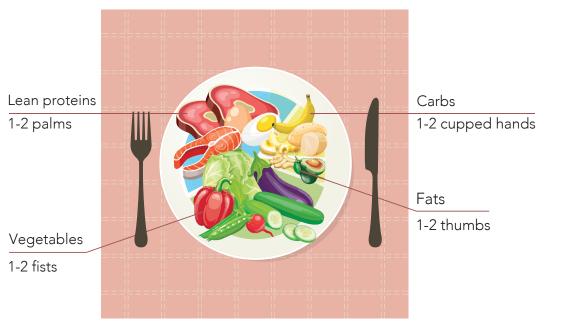
- **Sugar** refined carbohydrate and sugar cause spikes in insulin resulting in low grade inflammation
- Salt causes cells to retain water causing swelling and can cause an inflammatory response
- Fried food saturated fats cause an inflammatory response, increase cholesterol and may increase weight gain
- White flour, refined pasta these are refined carbohydrates and cause low grade inflammation
- Omega 6 fatty acid very beneficial for joint pain however, in excess, can have the opposite effect causing the development of inflammatory chemicals
- Dairy shown to be one of the most prominent foods to cause joint pain and arthritis. It is acidic and promotes excess mucus filled with excess hormones
- Alcohol can be high in sugar; processed beer is high in purines (protein, calcium, fat, magnesium and vitamin E).

Portion control and a balanced diet

The healthy eating plate

The three main components of any diet (protein, carbohydrates and fats) are needed for energy, recovery and immunity. Don't be scared of fats or carbs as they are necessary to keep you healthy and can aid with weight loss.

It's important to bear in mind the volume of food you eat, you can have too much of something good.





A serving of protein = 1 palm



A serving of vegetables = 1 fist



A serving of carbs = 1 cupped hands



A serving of fats = 1 thumb

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Joint Pain Programme – Week 5

Step 3: acts of kindness to others

Small acts of kindness towards other people, or larger ones – can give you a sense of purpose. It can make you feel happier and more satisfied with life.

- Giving to others improves emotional wellbeing
- Being a volunteer can help to reduce mortality among older adults
- Committing an act of kindness even just once per week can help people improve their levels of wellbeing
- Think of a time where you did something for someone else
- What can you do for others around you that will make them smile?

Write down selfless gestures you have done for friends, family or even a stranger.

How did it make you feel?



1.



2.



3.

Sets Weight (kg) Reps Duration (m) Exercise Recovery (s) Structure Warm up **Progressive** stretches Cool down Stretches

Programme card

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Joint Pain Programme – Week 6

Week 6: goal checking (halfway through)

Goal 1 Goal 2 Goal 3

Please look back at week one.

How close are you to your goal? Mark with a number how close you are. (1 being not close, 5 being achieved)

If you have achieved your goals at this point, set yourself a new goal you think is achievable by the end of the programme or in the long-term.

We will be reviewing these at the end of the programme.



Step 4: are you living your values?

Values are our desires for the way we want to interact with and relate to the world, other people and ourselves.

They are leading **principles** that can guide us and **motivate** us as we move through life.

Write down 3 values – things that are important to you. Keep your values personal to you and your goals simple and attainable. Value Goal

Being healthy is important to me. Eating vegetables with every meal.

Example value and goal

Value Value Value

Goal

Goal

Goal

Programme card

Structure	Exercise	Reps	Sets	Duration (m)	Recovery (s)	Weight (kg)
Warm up						
Progressive stretches						
Cool down						
Stretches						

Week 7: exercise and programming

When beginning to design your own exercise programme these are the fundamental principles to adhere to:

Frequency (How often you exercise) 2-3 times a week Intensity (How hard you work) Low to moderate (maximum 7/10)

- Frequency is one of the most important principles, as continuous and consistent exercise will see improvements
- Motivation is what gets you started, habit is what keeps you going (Jim Rohn)
- Evidence suggests it takes around 21 days to form a habit
- Balance is key, working at your own pace and listening to your body is so important. If you need rest, rest
- Only exercising once a month won't see significant improvements in your symptoms.
 But, exercising too much could see flare ups, increased pain and joint degeneration

Exercising each day is important. Whether it's several 5 minute bursts or an exercise class, moving helps the joints.

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Time (How long you exercise for) 30-45 minutes Т

(The exercises you do)
Strength, flexibility,
cardiovascular

- The recommendations above are what you should aim for. But build up to it, don't just jump straight into this routine as your body needs to acclimatise to exercise
- Intensity is important to bear in mind you do not need to over do it! It is better to work at your own pace and not compete with anybody else. 'Low to moderate' exercising is an intensity where you are sweating, but still able to maintain a conversation
- Should you feel stiff when you wake up, light cardio work to get the blood moving around the body in conjunction with active stretching will help to alleviate the initial stiffness.

Moving and having fun while doing it.

Joint Pain Programme - Week 7

Step 5: the rule of opposites

What could I do to make my emotional wellbeing really suffer this year? Spend time developing these relationships.

2

Make a really detailed list of everything you could do this year so that your emotional wellbeing suffers. E.g. Isolate myself socially

Take each point on the list and write down exactly what you would need to do to make it happen. E.g. refuse invites, don't

phone people back etc

do the opposite.

Now plan to

Things that make your emotional wellbeing suffer

Opposites

Programme card

Structure	Exercise	Reps	Sets	Duration (m)	Recovery (s)	Weight (kg)
Warm up						
Progressive stretches						
Cool down						
Stretches						

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Joint Pain Programme – Week 8

Week 8: pain management

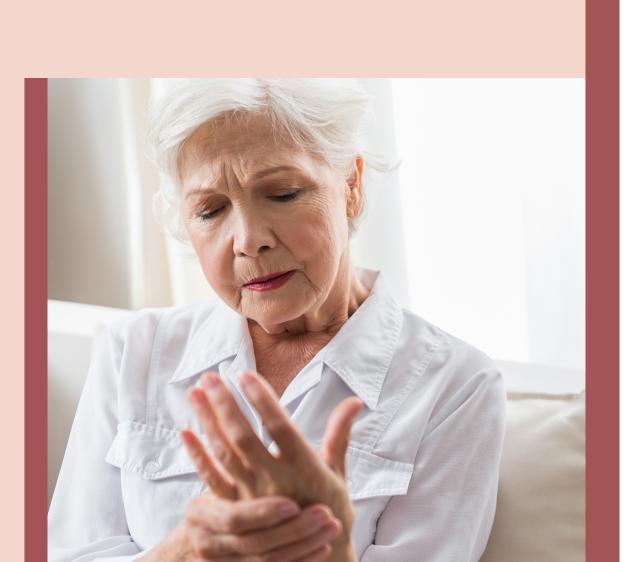
Pain is a complex biological mechanism that is influenced by many factors. The amount of perceived pain depends on the context in which the brain evaluates it.

Pain can both create, and be a product of other, non-desirable effects which can influence our emotional wellbeing. These include stress, disturbed sleep, reduced concentration and depression.

Recognising how your pain is having an effect on these areas is important for finding a future solution.

Three tips for coping with pain:

- 1. Awareness what factors influence your mind negatively and how to cope with these feelings.
- **2. Visualisation** visualising control and knowing all uncomfortable feelings will pass.
- **3. Meditation** guided meditation calms and soothes. Combine with gentle stretching or heat and ice to help alleviate pain.



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Helping you deal with a flare-up

Heat: Promotes blood flow through the affected muscles. Helps muscle relaxation to improve range of movement. (Nervous System Pain however is often eased with warmth).

Ice: Reduces swelling by restricting blood flow to the affected area, helping to reduce pain. (Applying cold to a joint with chronic pain and cold sensitivity could worsen symptoms).

Experiment to find out which suits your joints when sore and inflamed

Pain:

- Alternate heat and ice
- 20-30 minutes several times a day.

Inflammation:

- Alternate heat and ice
- 5-10 minutes intermittently throughout the day.



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Joint Pain Programme – Week 8

Step 6: be happy that you are happy

We all now spend much of our time in 'doing' mode.

Whilst we are multitasking we are not paying attention to any one thing and as a result we don't notice...

In essence we don't take time to 'be'. As a result we don't notice when something is giving us pleasure.

What gives you pleasure?

What would you like to return to doing again?

What do you wish you had more time to do?

Research in psychology has shown that by taking time and effort to 'be', to notice or relish moments, people are able to experience improved wellbeing.



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Programme card

Structure	Exercise	Reps	Sets	Duration (m)	Recovery (s)	Weight (kg)
Warm up						
Progressive stretches						
Cool down						
Stretches						

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Week 9: weight management

Obesity is one of the largest causes of Osteoarthritis.

The more weight through the joint, the higher the stress on the joint. This increases the likelihood of the cartilage wearing down. The most affected areas are your knees and hips as these are the weight bearing locations. Every pound of extra weight exerts about 4 pounds of extra pressure, so 10 pounds of extra weight translates to 40 pounds extra pressure on the knees alone.

The actual fat itself creates and releases chemicals which promote inflammation in the affected joints. Evidence suggests that the chemicals produced increase the development of OA. Obese people commonly have wrist OA and the wrists aren't weight-bearing joints. It's thought that the fat cells actually cause an increased breakdown in the cartilage.

Diabetes x5

Knee arthritis x4

CVD x3

Cancer 42%

Sleep apnoea

Diabetes 44% linked to obesity

Lower back pain

Depression

Step 7: accept your mood

Accepting an emotion or mood is essential to prevent it worsening – after all it is already there.

Emotions are basic survival mechanisms – and exist to tell us something to keep us safe.

When you notice distress (low mood, anxiety) try and sit with it for a while.

- Where is the emotion in your body?
- What sort of a sensation is it?
- What colour is it?
- Try to label the emotion.

If you can do this you will stop your mind from trying to get rid of the emotion and it will pass more quickly.

Avoid getting low about feeling low or anxious about feeling anxious.



Joint Pain Programme – Week 9

Programme card

Structure	Exercise	Reps	Sets	Duration (m)	Recovery (s)	Weight (kg)
Warm up						
Progressive stretches						
Cool down						
Stretches						

Week 10: sleep, rest and recovery

Listening to your body is so important. If you feel like you are in more pain than normal – rest and don't exercise. It will help lower the chances of a flare-up.

If there is pain or swelling, it might be time to do some rest and recovery, non weight-bearing activities or breaking your tasks down in to smaller chunks.

There are aids that can help when you are having a flare-up. Don't be afraid of sticks and frames if your are having days where you are struggling with pain and stiffness. Your doctor may also be able to advise on what else can help.

Sleep is vastly important as studies have seen quality of sleep is directly linked to pain susceptibility the next day.

Light stretching before bed and a full winding down process, where you are not overstimulating yourself through excess screen time, will help sleep hygiene.



"Rest is a key component in the management of osteoarthritis. Listening to your body and resting when appropriate will help lower the chances that a flare-up (rapid onset of worse than normal symptoms) will keep you down for long periods of time". Live Active (2018)

Step 8: sleeping better

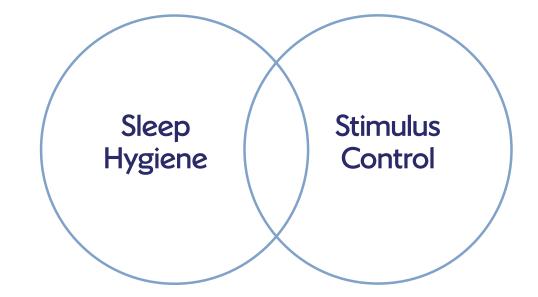
Poor sleep can affect:

- Emotional wellbeing
- Memory and concentration
- Motivation
- Increased risk of diabetes, high blood pressure and obesity.

Routine is one of the most important factors for consistent and good sleep. Creating an easy to stick to structure to apply every day will greatly help your pain and emotional wellbeing.

Example sleep routine

Pre-bed routine	Sleep and wake time	Rise routine		
Stretch 5-10 minutes	11pm	Stretch 5-10 minutes		
Get into bed for 10pm		Meditate 5 minutes		
Listen to story book for 1 hour		moditate 9 minutes		
Turn phone and lights off	6am	Coffee		



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Sleep hygiene is about forming good sleep habits. Stimulus control works to strengthen the connection between the bed and sleep behaviour.

Step 8: sleeping better - continued

To improve your sleep quality think small and act big:

- Sleep and wake at consistent times
- Remove stimulus from your bedroom (i.e. "blue light" from screens/devices)
- Wind your mind down before sleeping
- Reduce the amount of caffeine consumed in a day (try not to have caffeine after 2pm).

Other things you can do:

- Give to others and improve your emotional wellbeing
- Being a volunteer can help to reduce mortality among older adults
- Committing an act of kindness even just once per week can help people improve in their levels of wellbeing
- Think of a time where you did something for someone else
- What can you do for others around you, or people you see that will make them smile?

Take a moment to think about changes you can make to your own routine. Use the table below to create a new, healthier bed time routine.

Pre-bed routine	Sleep and wake time	Rise routine

Joint Pain Programme – Week 10

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Programme card

Structure	Exercise	Reps	Sets	Duration (m)	Recovery (s)	Weight (kg)
Warm up						
Progressive stretches						
Cool down						
Stretches						

Week 11: planning for success

Looking at the FIIT principals again:

- 1. F Frequency (how often)
- 2. I Intensity (how hard)
- 3. T Time (how long)
- **4. T** Type (what you enjoy and need)

Programming for yourself is about staying consistent. Find exercises and classes you enjoy with people you enjoy spending time with as you're more likely to stick to your routine that way.

After a workout it's important to rest; your muscles need the rest after exercise to recover. This is where nutrition plays an important role in the restoration process. Increase the protein and carbohydrates you consume after exercising to help them recover quicker, and strengthen.

No week has to be the same, however having one constant class or exercise programme for the gym every week will help with progression. This will allow you to track your own progress, as well as using the Joint Health MOTs to see how you're doing.

Example weekly plan

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Gym programme	Rest	Yoga class	Rest	Home workout/ swimming	Rest	Long walk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	Swimming	Rest	Gym programme	Rest	Home workout and long walk	Rest

DAILY ROUTINE

Stretch 5-10 minutes

Noon: walk

Afternoon: exercise

Evening: stretch

SLEEP AND WAKE TIME

11pm 6am

Some common mistakes and questions.

Can exercise cause pain in my muscles?

Yes its called DOMS (Delayed Onset of Muscular Soreness). Don't be afraid of DOMS! Sometimes known as "good pain", it means that the muscles have worked.

Can I exercise too much?

Yes you can, OA can flare-up by over doing it. Like any beginner or even at an elite level, we can stress our bodies past their current threshold. Take a slow and steady approach, and build as you progress. Our bodies are sensitive to exercise stress, so take baby steps to start with.

Exercise has made my joints more painful.

Trial and error is important; there may be some exercises that affect you adversely which don't affect your friends in the same way. Try different forms of exercise to see what you enjoy and what works best for you. Remember that diet plays a huge part in recovery, so make sure you aren't eating foods that cause inflammation.

My plan

Use the tables below to write down your own personal weekly plan for the next two weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

DAILY ROUTINE

SLEEP AND WAKE TIME

Step 9: worry less

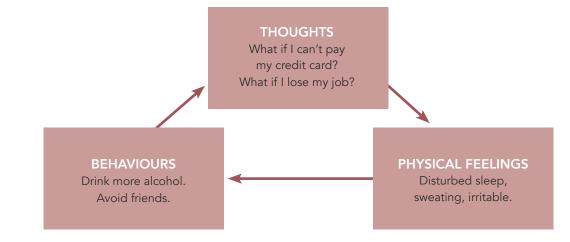
Think for a minute about the type of worries you have.

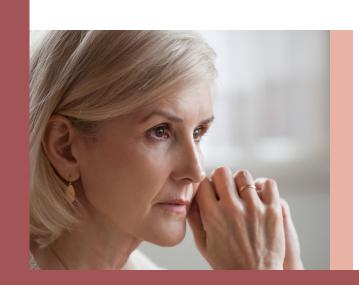
There are Practical Worries that we can act on and Hypothetical Worries that we can't do anything about.

These are often the 'what if' type thoughts about the future.

People who worry a lot often find they have a lot of Hypothetical Worries.

A practical way to deal with worrying







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Joint Pain Programme – Week 12

Programme card

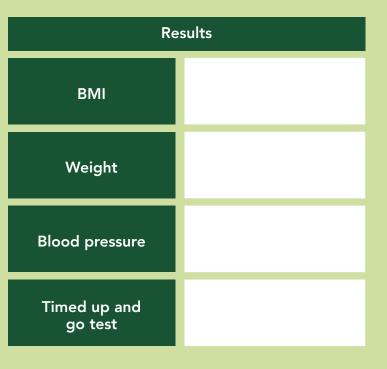
Structure	Exercise	Reps	Sets	Duration (m)	Recovery (s)	Weight (kg)
Warm up						
Progressive stretches						
Cool down						
Stretches						

Week 12: next steps

Sometimes when you go through ups and downs it can be difficult to see the improvements you've made. Track and check your progress however small it may be. Make small achievable goals, not just physiological ones but psychological and sociological goals too. Improvement is a whole body and persons approach. Rest when you need to and move when you can.

Goal 1 Goal 2 Goal 3 "I'm in pain all the time, 'I said,' and if I gave in I'd do nothing."

(Bernard Cornwell, 2014)



Look back at week 1 and 6, have you achieved these goals? Rate them from 1-5 (1 being not close, 5 being achieved). Have you achieved your goals from the programme? What do you think you can achieve moving forward onto the next 12 weeks? Give this a rank from 1-5 as to how important it is to you.

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Joint Pain Programme – Week 12

Joint Pain Programme – Week 12

Step 10: the rule of the purple cat

Let yourself have the thought "I am a purple cat".

Repeat that thought over and over again "I am a purple cat".

Does having this thought repeatedly make you a purple cat?

As our emotional wellbeing deteriorates thoughts such as "I am useless" and "I am a failure" become more common.

Watch out for the purple cat!



Programme card

Structure	Exercise	Reps	Sets	Duration (m)	Recovery (s)	Weight (kg)
Warm up						
Progressive stretches						
Cool down						
Stretches						

4.

Building a healthier nation

We are the UK's largest healthcare charity*. For the last 60 years, our team of experts have been working together to make the UK fitter, healthier, happier and stronger, all for the public benefit.

As a not-for-profit charity with no shareholders, we invest all our income back into our family of 31 award-winning hospitals, 113 fitness and wellbeing centres, healthcare clinics and over 130 on-site workplace wellbeing services, as well as developing flagship activities supporting our communities – all to realise our vision to build a healthier nation.

What makes us unique is our unrivalled, award-winning and industry-leading network of health and wellbeing services capable of helping people in a variety of ways. Our team of experts take a personalised approach by getting to know every individual, so we can provide the best possible care and support now and in the future – wherever they are on their journey.

For further information please liaise with your Programme Coordinator.

*Nuffield Health is a registered charity in England and Wales (205533) and Scotland (SC041793). Source: Charity Commission Nov 2020 report. Top 10 charities – 30 November 2020.



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