



Save your energy (hip and knee problems)

It is important to remember that the activities you do every day are a form of exercise. A few examples are:

- climbing stairs
- housework such as dusting
- personal care such as bathing and dressing

These hints will help you save your energy:

✓ **Plan ahead**

Learn to plan your exercise and your activities.

Ask questions such as, “Does this task really need to be done?” and “Must it be done by me?” Plan to do your activities at a time when you feel rested, such as in the morning.

✓ **Pace yourself**

Do only what you really need to do. This will help to save your energy.
Stop before you are too tired!

✓ **Do not lift**

Slide rather than lift an object.

✓ **Avoid bending and reaching**

Long-handled tools make reaching easier. Keep things you use most often within easy reach.

✓ **Sit down when you can**

Sit down when dressing, sorting laundry and preparing meals. You can use a tub chair or bath transfer bench in the shower.

✓ **Use good posture**

Use a chair with good back support. A footstool helps prevent pressure on the back of your legs.

✓ **Avoid straining or holding your breath**

This includes straining on the toilet, lifting heavy objects and trying to open stuck windows.

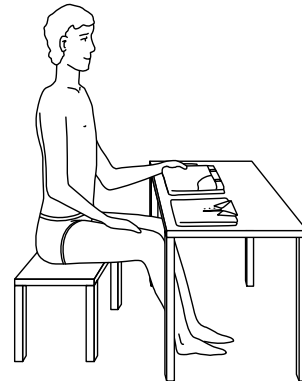
✓ **Avoid temperatures that are too hot or too cold**

Avoid exercising if it is too hot or too cold outside. Use warm water for showering.

Ways you can save your energy

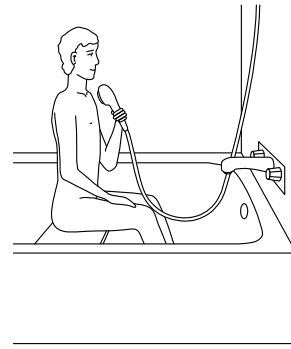
Dressing:

- sit when dressing
- have your clothes within arms reach
- wear loose-fitting clothing as it is easier to put on and take off
- dress the lower part of your body first as this takes up the most energy
- dress sore side first
- avoid bending if you have hip problems



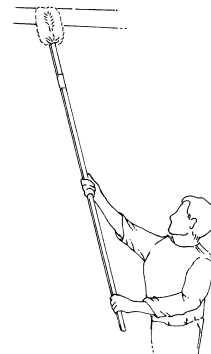
Grooming and bathing:

- sit on a stool or chair while washing, shaving or putting on make-up
- use a bath chair or bath transfer bench and hand-held shower to avoid standing
- use a long-handled sponge to clean yourself
- wear a long terrycloth housecoat to help dry off after bathing
- dry yourself, as much as possible, while sitting on the bath seat



Light cleaning:

- sit to clean, if possible
- clean one room at a time – if cleaning the whole house, spread the job out over a number of days
- use long-handled broom and dust pans to avoid bending
- have someone vacuum for you



Kitchen work:

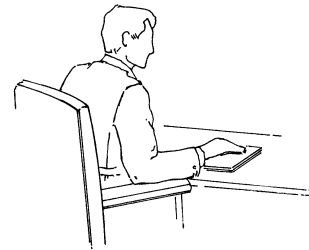
- store items used most often in the easiest place to reach (arm's length)
- sit to prepare food
- organize your work ahead of time
- when preparing meals, make extra to freeze for future use
- allow dishes to air dry

**Shopping:**

- use a home delivery service where possible
- use a cart to move shopping bags rather than carry them
- if you need to carry shopping bags, divide into smaller loads and hold them close to your body

**Working at a desk:**

- remember that posture is very important
- organize your work space to avoid bending and reaching
- frequently used items should be within arm's reach
- take frequent stretch breaks

**Yard work:**

- do a little bit at a time
- avoid using your arms over and over such as raking, hoeing or weeding
- have someone help you with heavier jobs



This program is part of the Hamilton, Niagara, Haldimand and Brant Local Health Integration Network

<http://www.replacemyjoint.ca/>