

Resources to help you exercise

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ARTHRITIS CARE

*Empowering
people with arthritis.*

There are many gentle exercises you can do to help manage your arthritis. This factsheet represents a sample of literature and products available to guide you through the exercises.

Resources included on this factsheet in no way imply any recommendation on the part of Arthritis Care.

Audio cassettes, CDs and videotapes

EXCEL

Excel is an organisation that helps people retain and regain their mobility through exercise programmes, with special emphasis on structured movement to music. It offers workshops as well as video and audio cassettes and has a network of teachers throughout England who provide classes in the community. EXCEL provides the following resources:

Harmonise and Exercise

An audio tape or CD guide to a gentle and carefully structured movement programme which is performed seated.

Price: £7.50 plus P&P

Fit is Fun

A video providing exercises which progress from seating to standing.

Price: £13 plus P&P

Spring into Action

A video consisting of exercise programmes aimed at improving strength and stamina for those who are more mobile.

Price: £13 plus P&P

For more information, please contact:

EXCEL

1A North Street

Sheringham

Norfolk NR26 8LW

Tel: 01263 825 670

Email: excel2000@clara.co.uk

Website: www.excel2000.org.uk

EXTEND

Extend is an organisation which aims to promote health by increasing mobility and independence through exercise. Their focus is on holding group and individual classes throughout England, Scotland and the Republic of Ireland. EXTEND provides the following resource:

***Gently Does It***

A video consisting of two 30-minute programmes of gentle exercises. Price: £16.50 incl. P&P.

For more information, please contact:

EXTEND

2 Place Farm

Wheathampstead

Herts AL4 8SB

Tel/Fax: 01582 832 760

Email: admin@extend.org.uk

Web: www.extend.org.uk

Tai Chi For Arthritis

A relaxing exercise video to relieve arthritis pain consisting of a programme of 12 movements designed by Dr Paul Lam.

Tai Chi For Arthritis: 2

A follow-up programme including warm-up and cool-down exercises and nine new movements to relieve arthritis pain, designed by Dr Paul Lam.

Available from:

Email: service@taichiproductions.com

Website: www.taichiproductions.com

Or telephone: World of Health: 020 7415 7101

Fight Back

A 35-minute programme of stretching and mobility exercises. This is a guide aimed at people with ankylosing spondylitis and for people who are remote from regular, supervised physiotherapy sessions.

Available from:

National Ankylosing Spondylitis Society

PO Box 179

Mayfield

East Sussex, TN20 6ZL

Tel: 01435 873 527

Email: nass@nass.org.uk

Website: www.nass.org.uk

Books and leaflets

Exercise Beats Arthritis: An Easy to Follow Programme of Exercises

A book which provides a simple programme of exercises to increase mobility and reduce stiffness and pain. It also includes information on the various forms of arthritis and their treatment and an effective dietary approach.

Author: Valerie Sayce & Ian Fraser
Published by: Thorsons, 1999
ISBN: 0722537816

The Arthritis Helpbook: A Tested Self-Management Program for Coping with Your Arthritis and Fibromyalgia

The Arthritis Helpbook provides techniques designed to reduce pain and increase dexterity, helping people to regain control of their lives. The book also includes information on all over-the-counter and prescription arthritis medicines and calcium-rich diets.

Author: Kate Lorig & James Fries
Published by: Perseus Books, 5th Edition, 2000
£13.99, 367 page book
Paperback version out 18 February 2006

Overcoming Arthritis: a holistic plan including a unique tai chi programme to relieve pain and restore mobility

Overcoming Arthritis is a book which consists of a complete programme to relieve pain and promote mobility. Information is also provided on conventional and complementary medicine, self-help remedies and a tai chi for arthritis programme.

Author: Dr Paul Lam & Judith Horstman
Published by: Dorling Kindersley, 2002
ISBN 0751339792



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Arthritis Care

Arthritis Care is the UK's largest voluntary organisation working with and for all people with arthritis.

Our publications are just one of the many services Arthritis Care provides. These include a confidential helpline, self-management and awareness training, information for people with arthritis and health professionals, and local activity and support. We also campaign locally and nationally to help change attitudes and laws and to ensure people with arthritis have access to the treatments and services they need and deserve.

Contact us

For confidential information and support, contact the Arthritis Care Helpline

Freephone: 0808 800 4050

10am-4pm (weekdays)

Email: Helplines@arthritiscare.org.uk

For information about Arthritis Care and the services we offer, contact us at:

www.arthritiscare.org.uk

Arthritis Care UK office and England regional services:

Tel: 020 7380 6500

Central England email: CentralEngland@arthritiscare.org.uk

North England email: NorthEngland@arthritiscare.org.uk

South England email: SouthEngland@arthritiscare.org.uk

Arthritis Care in Northern Ireland

Tel: 028 9448 1380

Email: Nireland@arthritiscare.org.uk

Arthritis Care in Scotland

Tel: 0141 954 7776

Email: Scotland@arthritiscare.org.uk

Arthritis Care in Wales

Tel: 01239 711883

Email: Wales@arthritiscare.org.uk

