

Joint Problems

Many people think that stiff joints and losing flexibility are an inevitable part of growing older, but there is plenty we can do to maintain mobility.

Joints need to be taken through their full range of movements to keep them healthy. Movement stimulates the production of synovial fluid within the joint cavity, which is the substance that keeps the joint lubricated so that it can move freely. Try these movements, from standing (hold onto something if balance is a challenge) to see how your joints are feeling today:

1. Curl your toes and then straighten them.
2. Flex your ankles forwards and backwards, then try circling the ankles one way and then the other.
3. Flex one knee forwards and backwards, try the other knee.
4. Swing one leg forwards and backwards, then try circling the hip in one direction and then in the opposite direction. Swap legs.
5. Stretch out your fingers, then make fists with the thumbs tucked in.
6. Keeping the fists, as above, see if you can circle the wrists in one direction and then in the opposite direction.
7. Stretch the arms out in front of you, palms facing uppermost. Flex the elbows so you bring the fingers to touch your shoulders then stretch the arms out again.
8. Let your fingers rest on your collar bones (they don't need to be stuck there!) describe a circle with your elbows in one direction, so that you can feel the shoulders being gently moved and repeat in the opposite direction.

Yoga is recognised as one of the best and safest ways to keep your joints moving optimally and is recommended by healthcare practitioners to help manage conditions such as rheumatoid arthritis and osteoarthritis. Not only will it improve your flexibility, yoga will also strengthen the muscles needed to stabilise the joints, whilst the relaxation, meditation and visualisation techniques are invaluable for helping you manage pain.

Our sessions are also a great way of keeping healthy joints healthy! We can show you how to keep your body in alignment and strengthen deep postural muscles, particularly useful if you do a lot of physical activity or play sport, helping prevent injuries.

If you would like to find out more about how we can help you with any joint challenges simply contact us on Isabel@yogainsideout.co.uk