

# Exercising during a flare

Weds 11 May 2022



# Exercising during a flare

## The benefits

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Exercise can help with:

- Pain management
- Mobility
- Fitness
- Mood



# Exercising during a flare

## The challenges

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Flares can make activity difficult:

- Pain
- Fatigue
- Reduced mobility
- Joint stiffness
- Local or widespread symptoms
- Prioritising work or other commitments

# Exercising during a flare

## Top tips

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- Speak to your rheumatology physiotherapist for individualised advice
- Think of it as activity or movement, rather than exercise
- Walking, moving around the house, daily jobs – all count as activity!



# Exercising during a flare

Think consistency, not intensity

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Little and often – all about consistency, not intensity

Keep a note of flare-friendly exercises

Generally avoid high impact



# Exercising during a flare

## Move differently

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Try different positions – sitting, lying, standing



# Exercising during a flare

## Move differently

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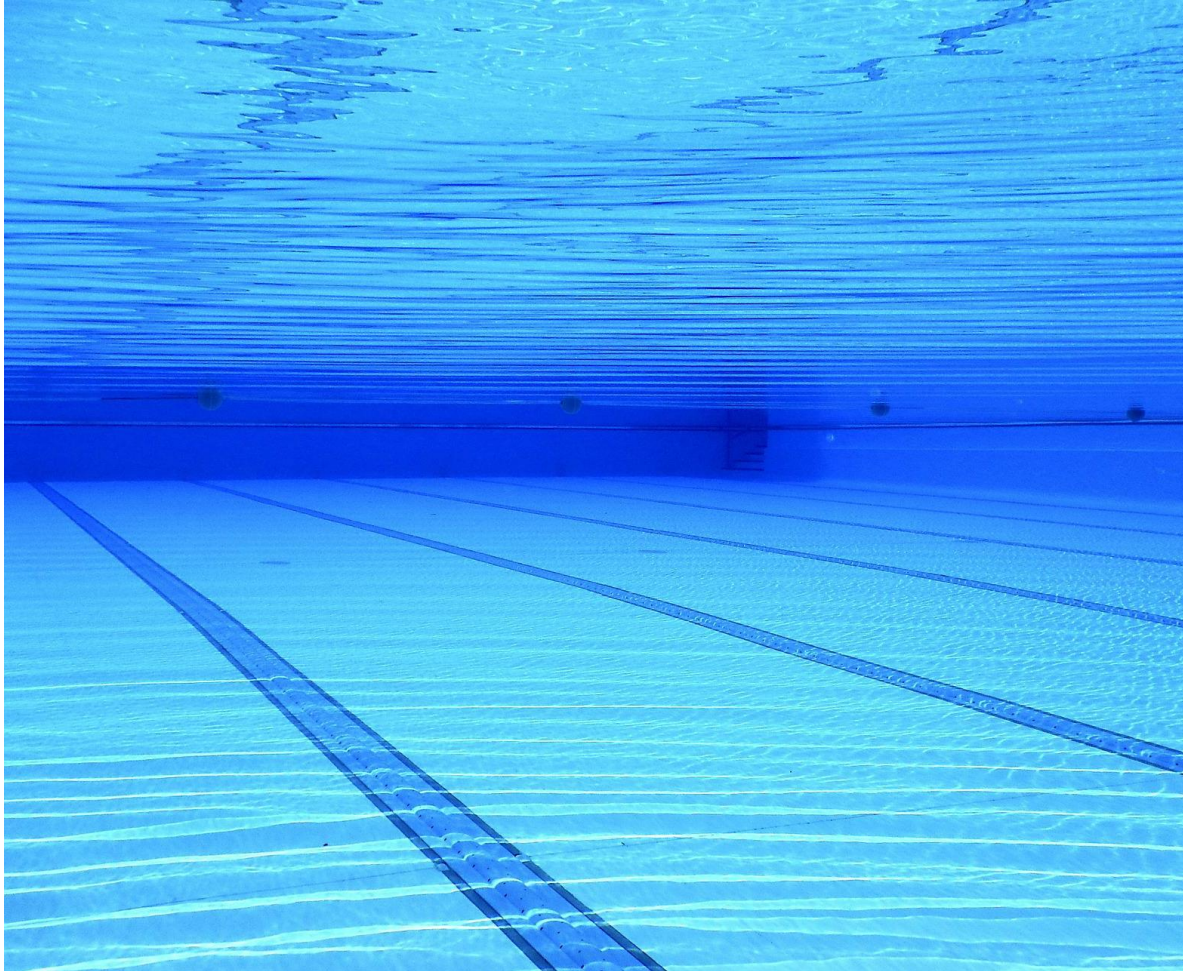
Localised flares – think of movements that don't affect that area



# Exercising during a flare

Move differently

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- Aquatic physiotherapy (hydrotherapy)
  - Swimming
  - Walking in water



# Exercising during a flare

## Manage your pain

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- Pain relief before or after activity
- Localised pain relief
- Listen to your body!
- Mild aches after activity are okay



# Exercising during a flare

## Work with your body

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- Time of day
- Mobility aids, joint supports
- Friends and family
- Find something enjoyable
- Gradually build up



# Exercising during a flare

## Monitoring your flares

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### Flare diary:

- When
- Impact
- Duration
- Triggers
- What helps

# Exercising during a flare

## Monitoring your flares

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Speak to your healthcare team if your flares:

- Are getting more severe
- Are getting more frequent
- Are difficult to manage

More resources on flares on [My AS, My Life](#) and our [guide](#)

Thank you!  
Any questions?

