

Polymyalgia rheumatica — keeping shoulders and hips moving

Polymyalgia rheumatica (aching, stiff shoulders and hips)



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week. **The stiffness is usually worst in the morning: do the exercises once it has eased, later in the day. Take the tablets exactly as prescribed; never stop them suddenly.**

1 Table slide



Sit at a table, slide the hand forward, letting the body follow.

10 times

3 times a day

✓ **Should feel**

A stretch at the end of the range

✗ **Should not feel**

Pinching at the top



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sheet 55

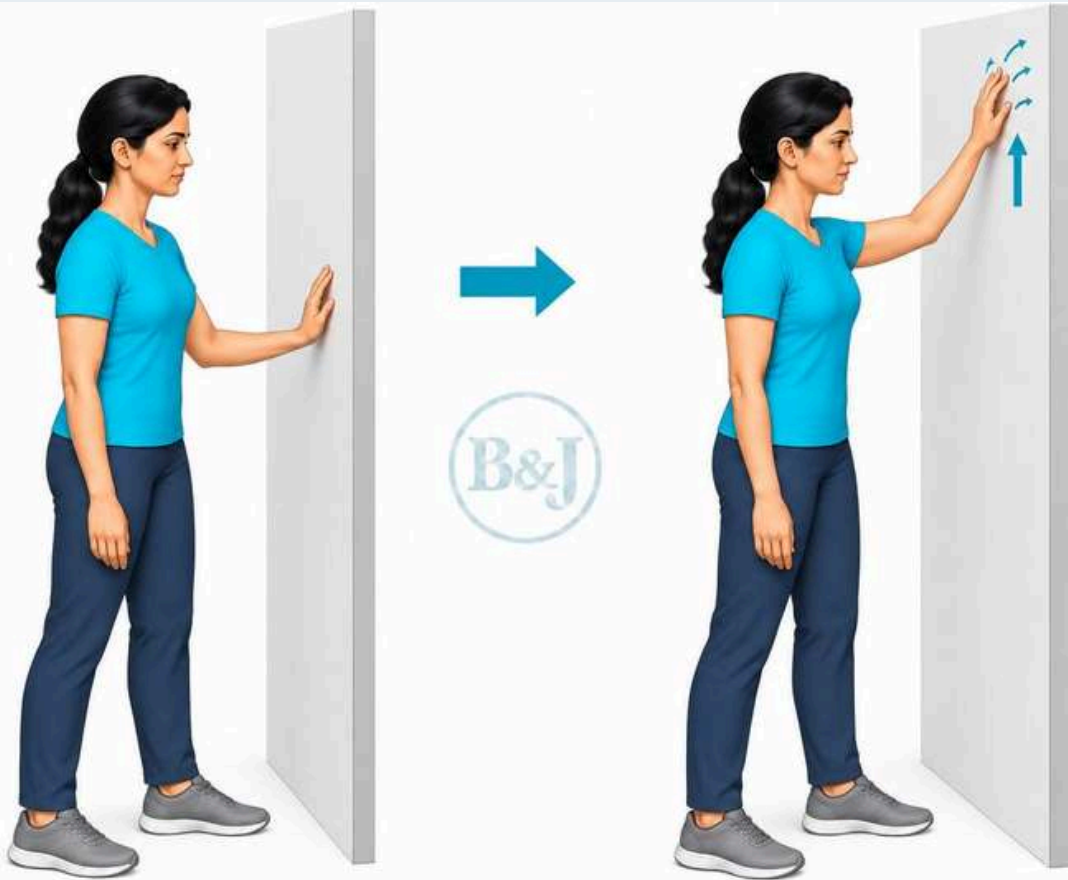
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Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Closed on Sunday. Urgent injury such as a
fracture or dislocation? Please call first.

2

Wall climb



Face a wall, walk the fingers up as high as comfortable, hold, then walk down.

5 times

3 times a day

✓ **Should feel**

A stretch overhead

✗ **Should not feel**

Shrugging to cheat height



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3

Standing hip abduction



Hold a chair. Lift the leg out to the side, keeping the body upright.

10 times

Daily each side

✓ **Should feel**

The side of the hip working

✗ **Should not feel**

Leaning over



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4

Standing hip extension



Hold a chair. Take the leg backwards, keeping it straight.

10 times

Daily each side

✓ **Should feel**

The buttock working

✗ **Should not feel**

Arching the back



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5

Knee to chest



Lie on your back. Bring one knee up towards your chest, hold, then lower slowly.

Hold 15 seconds

5 each side

✓ Should feel

A stretch in the lower back and buttock

✗ Should not feel

Leg pain getting worse



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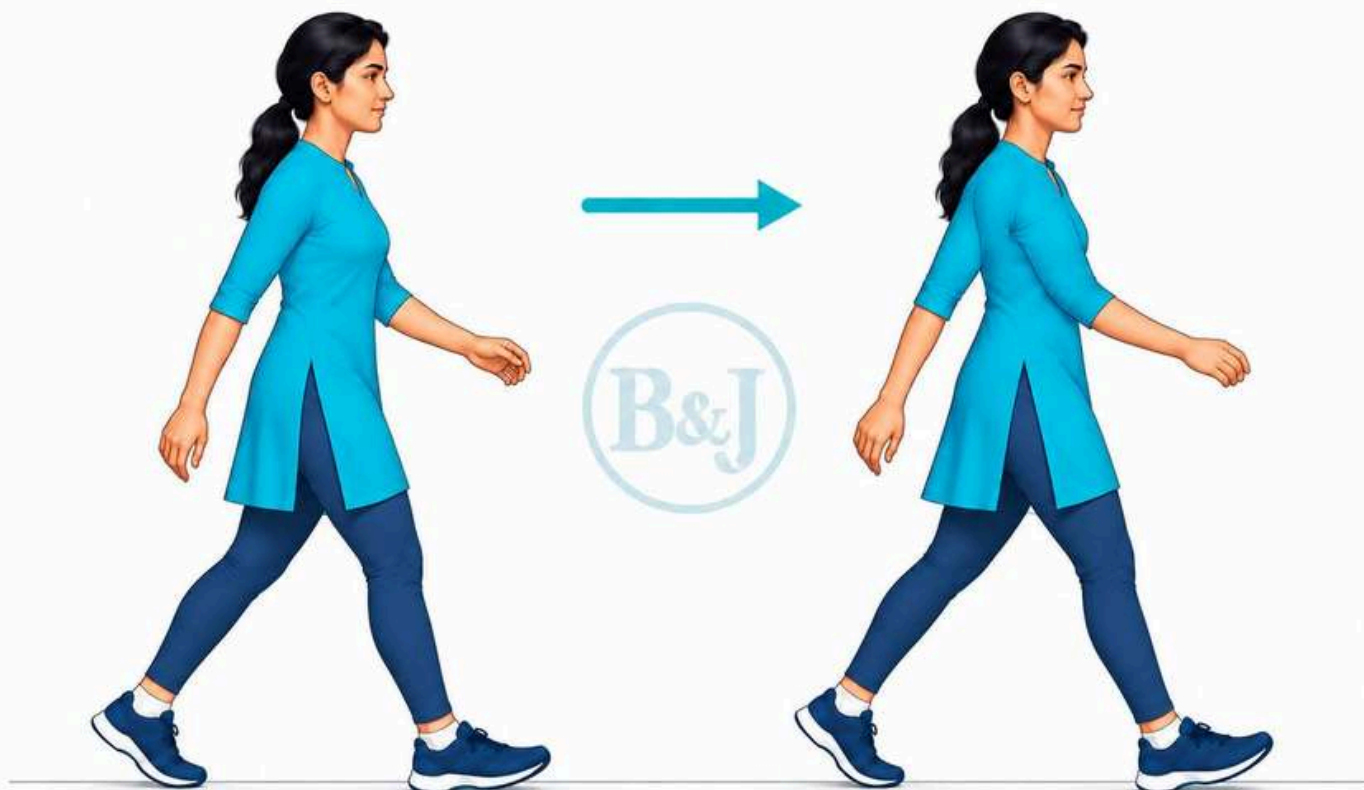
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Walk daily, building distance slowly.

20 minutes

Most days

✓ **Should feel**
Easier walking

✗ **Should not feel**
Limping heavily — use a stick

Stop and telephone us if

- A new headache, tenderness of the scalp, jaw pain while chewing, or any change in your vision — go to the hospital the same day
- The muscles become truly weak: you cannot lift the arms or get up from a chair, even once the stiffness has eased
- The pain and stiffness are not clearly better after starting the tablets
- Pain at night, fever, or weight loss you cannot explain



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