

BENEFITS OF EXERCISE THERAPY

Joints that are weakened from either Osteoarthritis, injury, the wrong type of exercise or disuse may lead to pain and reduction in normal activity. This reduction in activity will promote stiffness of joint(s) and weakness of the surrounding muscles, and soft tissue. The joint(s) become more unstable, and are therefore more likely to be injured and are not able to function of normal activity.

Benefit of Exercise For Your Body And Joints

Improving flexibility, which can help with injury prevention reduces stiffness and can lead to greater strength as the muscles, ligaments and tendons can work over a greater range of movement.

Increase the strength of muscle and muscle bulk helps to protect joints and makes them more stable.

Exercise increase blood flow to the area, which helps with the delivery of nutrients to aid the healing process and strengthen the joints, and enhance the removal of metabolic wastes ,which if left to stagnate can aggravate nerve endings, which leads to pain. If swelling is present, increased blood flow will speed up the reduction of the swelling.

Aerobic type exercise such as walking, swimming and cycling will help to strengthen the heart, lungs and circulation as well as the Musculo-skeletal system and can aid weight loss, alongside a healthy diet.

Psychological Effects of Exercise

Research has shown that participation in a regular exercise program, can lead to enhancement of self confidence, well being, self esteem and body image and reduction in anxiety, depression, stress and tension. Self-esteem is the degree to which individuals feel positive about themselves and has the greatest potential for benefit from exercise.