



MedFit

CLASSROOM

Arthritis Fitness Specialist Course
Module 11:
Exercise Resource Terminology Library

Christine M. Conti, M.Ed., B.A.

Exercise Resources

“I wish RA treatment was not just doctors administering medication.”

-Arthritis Patient 4

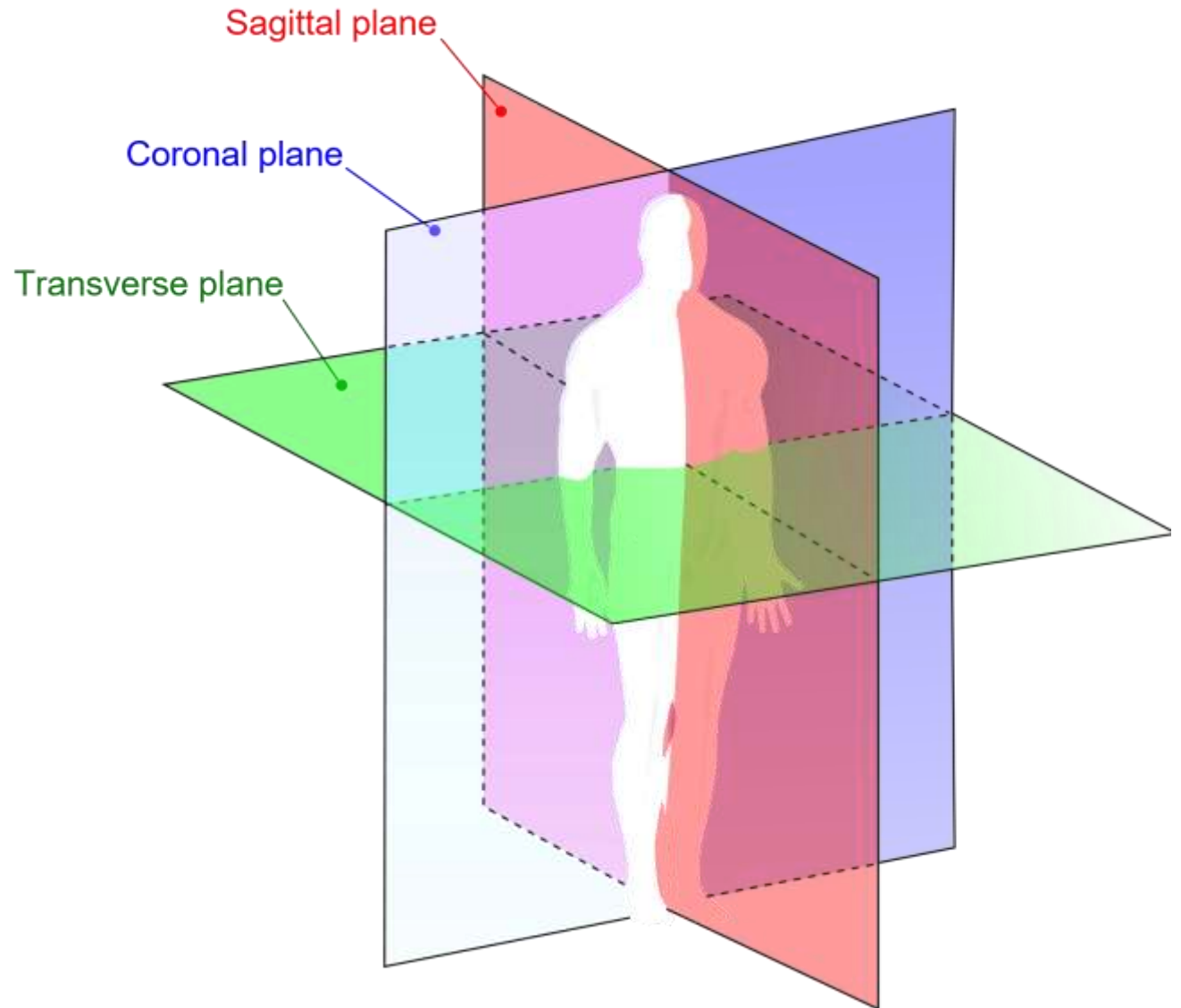


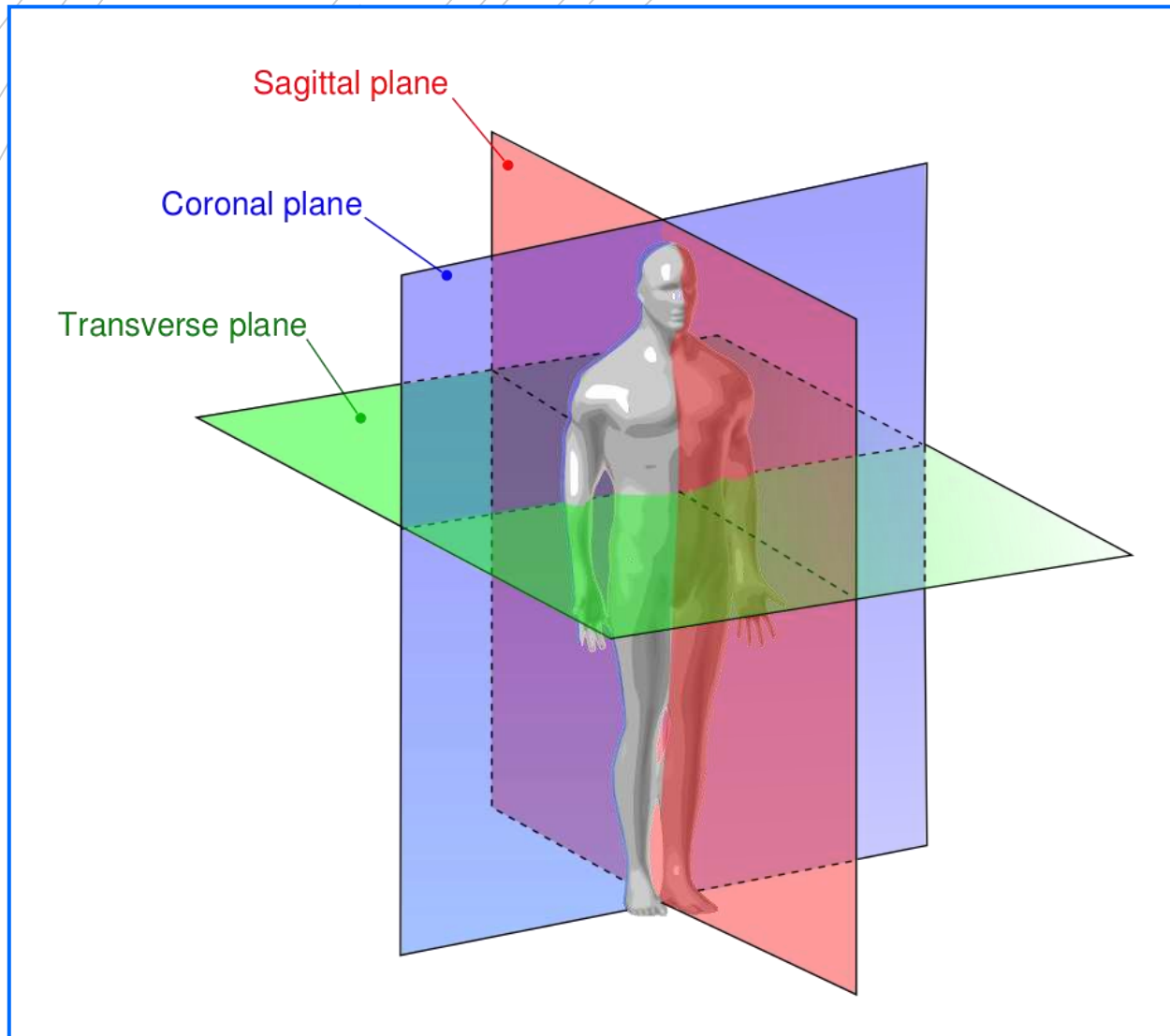
SAGITTAL

The invisible line that splits the body down the middle from left to right is the sagittal plane. Movement parallel to this line is within the sagittal plane of motion.

Examples of movement in the sagittal plane:

- Front Raises
- Bicep Curls
- Squats
- Front Lunges
- Walking/Jogging
- Climbing Stairs
- Elliptical





FRONTAL

This is an invisible line that splits the body down the middle from front to back. Movement parallel with this line is movement within the frontal plane of motion.

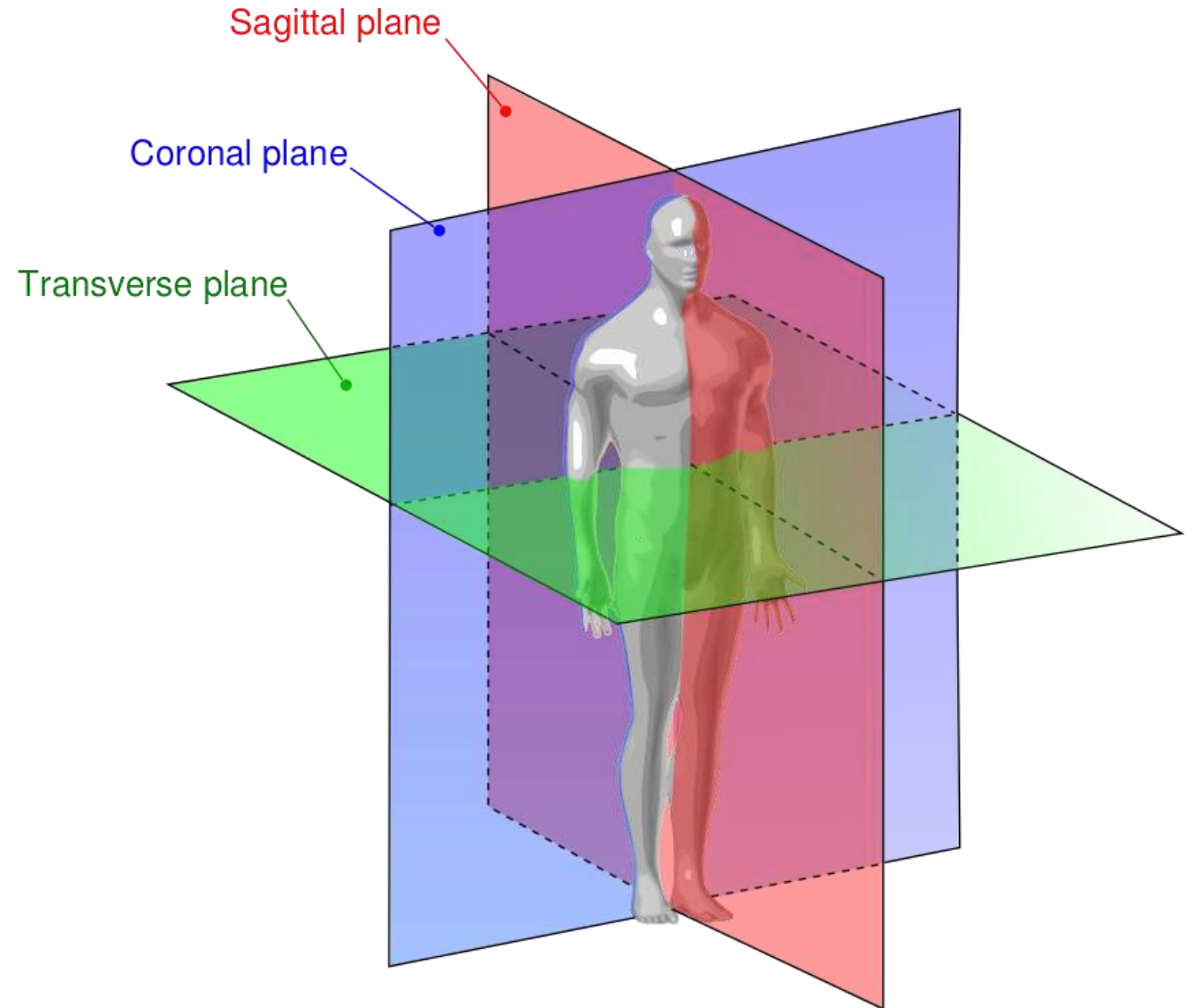
- **Examples of movement in the frontal plane:**
- **Lateral Raises**
- **Jumping Jacks**
- **Side Bends**
- **Lateral Lunges**
- **Side-to-Side Steps**

TRANSVERSE

This invisible line splits the body in half, at the waist, separating the top from the bottom. Movement following that line is in the transverse plane. However, this plane of motion is a little different than the other two because it is more of a rotational movement.

Examples of movement in the transverse plane:

- Russian Twists
- Trunk Twists
- Curtsy Lunges with Twists
- Wood Choppers
- Twisting Lunges

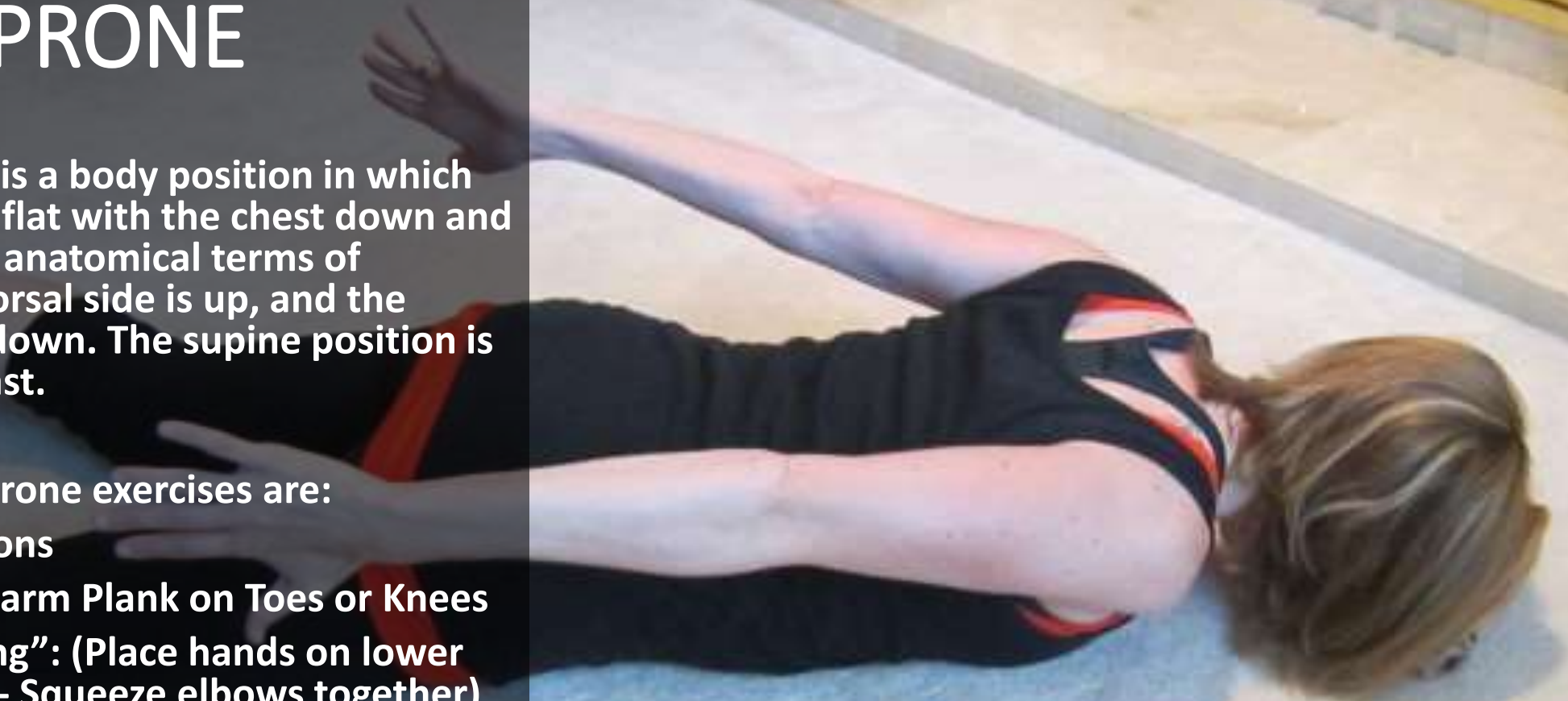




PRONE

Prone position is a body position in which the person lies flat with the chest down and the back up. In anatomical terms of location, the dorsal side is up, and the ventral side is down. The supine position is the 180° contrast.

- Example of prone exercises are:
- Back Extensions
- Hand or Forearm Plank on Toes or Knees
- “Chicken Wing”: (Place hands on lower back, palms up- Squeeze elbows together)
- “Butterfly”: (Lie on stomach, hands behind head/Raise elbows toward/ceiling)
- “Push Up”: Place both hands on a mat/bed and push up

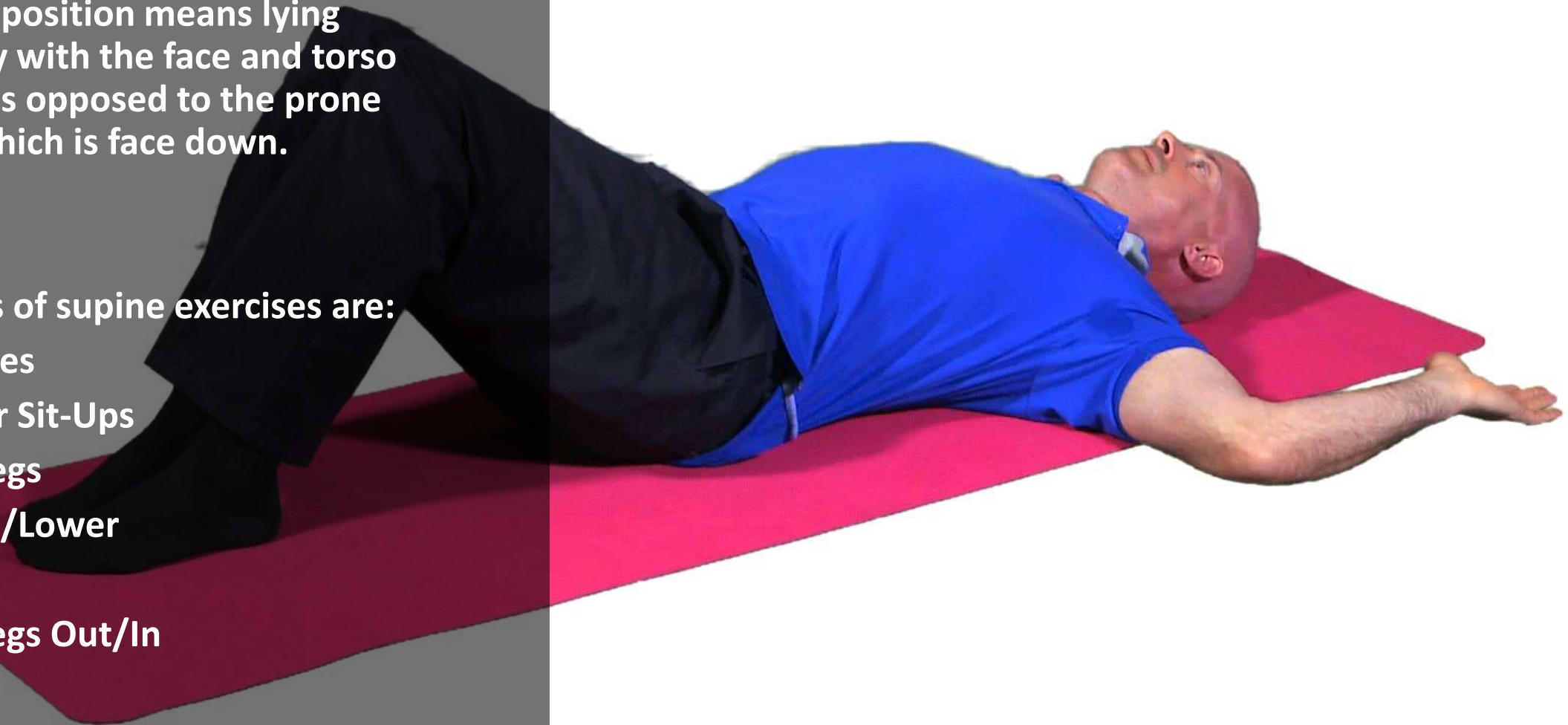




SUPINE

The supine position means lying horizontally with the face and torso facing up, as opposed to the prone position, which is face down.

- Examples of supine exercises are:
- Hip Bridges
- Crunch or Sit-Ups
- Bicycle Legs
- Leg Raise/Lower
- V-Ups
- Seated Legs Out/In



BALANCE

Balance is defined as an even distribution of weight enabling someone or something to remain upright and steady. Utilizing exercises that promote balance will promote the use of stabilizer muscles that are crucial to prevent injuries due to falling.

- **Examples of exercises that promote balance are:**
- **Stand on One Leg (option to hold a chair/wall)**
- **Simulated Tightrope Walk (lines on floor)**
- **Alternating Knee Lifts**
- **Shallow Narrow/Wide Alternating Squats**



FLEXIBILITY

Flexibility or limberness refers to the range of movement in a joint or series of joints, and length in muscles that cross the joints to induce a bending movement or motion. Flexibility varies between individuals, particularly in terms of differences in muscle length of multi-joint muscles. Flexibility in some joints can be increased to a certain degree by exercise, with stretching a common exercise component to maintain or improve flexibility.

- Examples of exercises that promote flexibility are:
- Hamstring/Quadricep Stretch
- Calf Stretch/Sprinter Stretch
- Slow Ankle, Wrist, or Shoulder Rolls
- Slow Arm Circles
- Slow Ear-to-Ear Neck Rolls
- Cat to Cow Pose



BREATH & MINDFULNESS

Being mindful of your breath simply means observing and opening your awareness to your breath: to your breathing in and your breathing out, without controlling or judging it in any way: letting it be. ... This is so that you can focus on your breathing without any distractions.

Be fully present and aware of the body post-movement. This is the time to relax the head, neck, shoulders, spine, hips, knees, ankles and toes and move into a state of full-body relaxation. Gently reminding clients to assess how they feel both physically and mentally.

- Examples of breath and mindfulness techniques are:
- Savasana, deep breaths (laying down face up/supine)
- Guided Imagery: Talk through the muscles/joints relaxing
- Seated: Big deep breath in, arms over head, exhale, arms
- Cow pose & inhale to Cat pose & exhale





YOGA

Practicing yoga holds tremendous benefits for the arthritic population. In fact, “medical research has shown that yoga can have several physical and psychological benefits. These include increased strength, flexibility, balance and a greater ability to relax and manage stress.

Yoga can help people to breathe more efficiently and reduce anxiety or depression. It can also improve positive feelings, increase energy, and reduce the symptoms of many chronic disorders,” states Steffany Moonaz, the founder of Yoga for Arthritis.

Additional resources including online classes and educational tools can be found at <https://arthritis.yoga/>



DETOX YOGA

Karli Taylor, a Detox Yoga specialist, travels the globe teaching about the endless benefits of infusing this practice into your life.

According to Taylor, “each day, we are exposed to an endless amount of toxins. Even if we are careful about what we eat and drink, we are exposed through the air we breathe and the products we use. Even our thoughts and emotions, when negative or repressed, can be toxic to the body. Our bodies have systems designed to get rid of toxins, but those systems can get weakened or tired over time. This practice is designed to provide a tune-up for our circulatory, digestive, and lymphatic systems . This series of asana compresses, wrings out and rejuvenates the major glands and organs in your body while stimulating blood flow and encouraging metabolism...”



URBAN POLING (Nordic Walking)

Cardiovascular Exercise is CRUCIAL!

One fantastic tool to use with arthritic clients is Urban poling, also known as Nordic walking.

Emulates cross-country skiing without the skis.

Benefits: toning, calorie-burning and posture, improved core strength, balance, increased confidence for walking; reduced impact on hips and knees and increased endurance!

More information about Urban poling for the arthritic client and its partnership with the Arthritis Foundation Canada is explained in the video links and interview with Diana Oliver, the co-owner of Urban Poling. Free educational tools and workouts can also be accessed on www.UrbanPoling.com.





Things to consider.

As an arthritis fitness specialist, ask yourself....

- 1. Can you identify and explain the planes of movement?**
- 2. Can you identify exercises that cater to all planes of movement?**
- 3. Why is it extremely important to infuse balance and flexibility into every session with an arthritic client?**
- 4. What is the importance of incorporating breath and mindfulness practices into sessions with arthritic clients?**
- 5. Can you identify, explain and demonstrate balance, flexibility, mindfulness and breathing practices to your client?**
- 6. How does practicing Yoga and Detox Yoga specifically benefit the arthritic client?**
- 7. What is Urban Poling and how would this modality be an asset to improving the health of an arthritic client?**

At this time, be sure you have watched the videos included in this section of the manual and complete Module #11 Quiz.