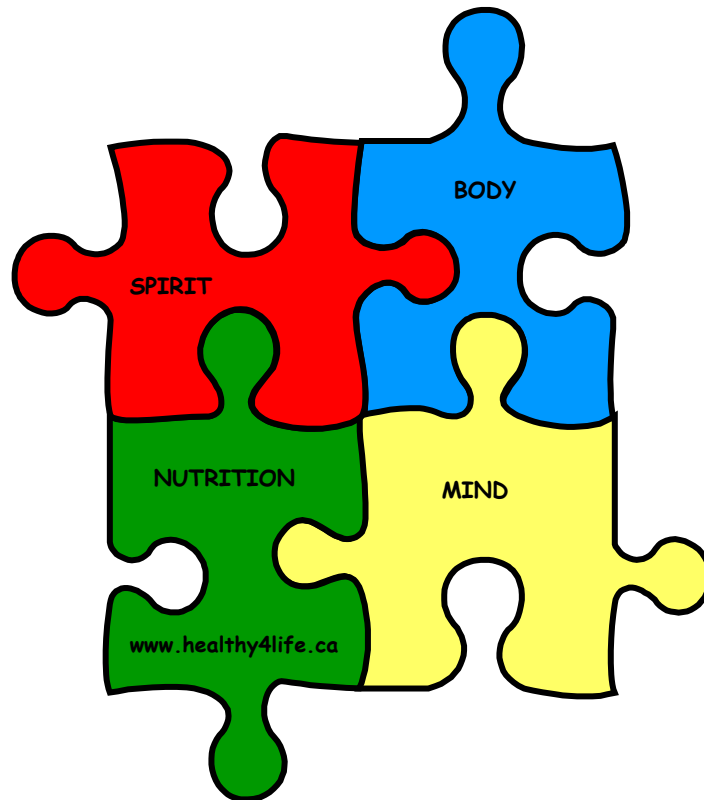


Nutrition and Lupus

Book 2: Movement

Living Well With Lupus

KNOWLEDGE AND HOPE



Cathy Ferren RHN
Registered Holistic Nutritionist



Ankle/Foot Alphabet

Shoulder Shrug

Walk

Arm & Leg Raise

Chin Tuck

Finger Curls

HEALTH

Abdominal Contractions

Stretch

Breathing

Pelvic Tilts

Whole Hand Movements

Whole Arm Twists

Thumb & Index Finger Dexterity

Nutrition and Lupus

Book 2: Movement

1st Edition – Digital

Cathy Ferren RHN MAATO

Ferren Consulting



**YOUR BODY REFLECTS WHAT
YOU EAT, DRINK & THINK**

**KEEP MOVING
EAT ORGANIC, DRINK CLEAN
& THINK POSITIVE WITH
GRATITUDE**

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Published By: Ferren Consulting
PO Box 580, Ridgetown, ON N0P 2C0
Email: cathyferrenrhn@gmail.com
Website: www.healthy4life.ca

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Artwork: Cathy Ferren

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Warning

This book is a distillation of current nutrition science, as interpreted by Cathy Ferren based on her understanding and experience. Its purpose is to educate and inform those who wish to better understand the role of nutrition in health. It does not diagnose any disease or ailment. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused, or alleged to be caused, directly or indirectly by the information contained in this book.

Dedication

This book is dedicated to lupus patients everywhere and to all of my lupus friends, treatment teams, instructors, spiritual advisors and support team members over the years.

Each of you shares in my journey with lupus with all of its challenges and rewards. I am humbled by and grateful for the wisdom and knowledge each of you has given me.

Introduction

I share this second book in the series with you, as a product of my own life experiences learning to live with chronic illness, client feedback and learning how to use holistic nutrition to improve symptoms and wellbeing.

I may not be able to control the disease process, however, I can have a beneficial effect on my physical symptoms, psychological wellness and my spirituality through good nutrition and healthy lifestyle choices.

My hope is that in these pages you will find practical ideas to incorporate into your own wellness plan so you can live well with lupus.

Other Books by Cathy Ferren

Nutrition and Lupus Book 1: The Basics

Nutrition and Lupus Book 3: Relaxation Plus!

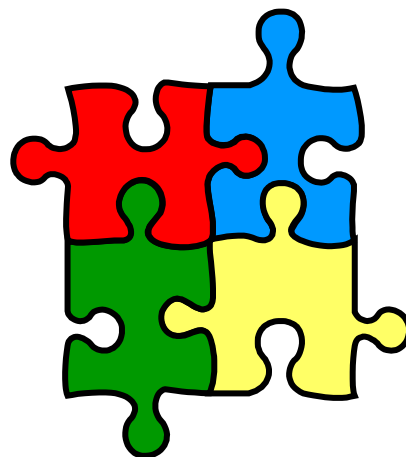
Nutrition and Lupus Book 4: Your Treatment and Support Teams

Nutrition and Lupus Book 5: Spiritual Health

Smoothies Easy and Nutritious

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Movement and Lifestyle Choices in Lupus

You have choices! You have the control! You can move!

When you have systemic lupus erythematosus (SLE) or lupus; movement and exercise are lifestyle choices that should be integral to your lupus treatment plan. Movement includes a wide variety of activities that have you moving or using different muscles, ligaments and fascia to move lymphatic fluid, oxygen and blood cells through the body. Having lupus puts you at risk of inactivity that can be the result of fatigue, pain and stiffness, or a combination of these. Your activity level may be further affected by a temporary or permanent inability to sit up, to walk or a lack of balance.

Healthy movement and lifestyle choices are under your control. Movement and exercise are an integral part of holistic nutrition. No one else can make you decide on healthy choices and no one else can move or exercise for you. No one else can lie in bed, sit on the couch, join a class, use a DVD and exercise for you. This is one area where you have all the control, and the responsibility.

You may not be able to control your physical limitations from lupus, but you can have an effect on how severely your lupus symptoms impact your life. You are the only one that controls the amount of movement you include in each day. Every day you can make healthy choices that affect your body, your emotions or thinking, and your spiritual health.

Clean water helps your body, including your brain to function properly. Movement and exercise help move water through your lungs, blood vessels and lymphatic system.

Healthy exercise also includes limiting the duration and intensity of exercise or eliminating movements that are too strenuous for your current condition on any particular day. This can change day to day or hour to hour.

This is not a good time for being overly competitive. It is a time for self-care. Learning what movement and exercise is right for you and making the commitment to yourself to move every day is a healthy choice that benefits both your body and your mind.

Helping yourself as a person with lupus to get the exercise you need is under your control and essential to living well with lupus.

Movement and Exercise

Some lupus patients cannot do an aerobic workout or a spin class; however, everyone can do something.

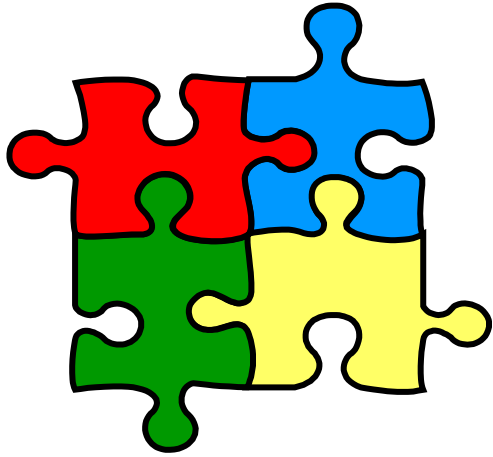
Any movement you can incorporate into your day will: improve the motility of your digestive track (the rate that food moves from your mouth to being eliminated), oxygenate your blood, increase blood circulation, reduce water retention, increase your range of motion, increase your strength and endurance, decrease your appetite and burn a few calories.

“Exercise is an important component of your treatment program for lupus. It is essential for improving your emotional and physical well-being. The right types and amounts of exercise can help you break the fatigue-rest-fatigue cycle and make you feel better in countless other ways.”¹

Before starting or increasing your movement and exercise program, check with your health care professional to make sure you are well enough to do it. Ask him/her to monitor your progress.

As you read this book, think about what things you could write in the clouds of health on the inside of the front cover. What small steps are you willing to take? What changes are you willing to make? All the choices are yours.

**Move a little bit
every day.**



What is Movement?

Movement is any action you take, big or small, to change the position of any part of your body. Any movement you can incorporate into your day will change your static body position. Some examples are, sit up if you are lying down or stand up if you are sitting even if it is only for a few seconds.

“It is recommended that you be assessed by a professional, such as a physiotherapist or someone who understands muscle function, before you begin any exercise program.”²

Exercises to Avoid

Lupus patients are susceptible to longer healing times for the micro-tearing that happens in muscles during exercise. If a healthy person has muscle pain after exercising from micro-tearing of muscles, it usually heals in 24 hours. A person with lupus can take several days to a week or more to heal from the same amount of normal micro-tearing.

Overexertion is your enemy. Pushing through exercise pain is not the objective.

Movement and gentle exercise are your objectives. Any movement that wears you out for days or weeks is not helping you and will make it hard to stay motivated to make positive changes and stick to a movement plan.

All gentle movement and exercise will have a positive effect on increasing circulation, improving digestion, improving sleep, regulating moods, improving lymphatic drainage and lowering your level of inflammation.

Less inflammation and/or fluid retention = less pain.

Useful Tools

This list of equipment is relatively inexpensive and you can often find items second hand, or ask for them as birthday presents.

- Resistance bands or resistance tubing
- Ankle weights
- Wrist weights
- Hand weights 1 or 2 pound (0.5 or 1 kg) or water bottles or soup cans
- Neoprene or elastic ankle, knee or wrist supports
- Yoga mat, block, foam roller
- Exercise ball
- Properly fitted, sturdy walking shoes



Finger and Hand Movement

When you have edema, inflammation or Raynaud's phenomena, you may find it hard to do many basic activities of daily living such as writing, doing up buttons, putting on socks, picking up a piece of paper, holding a book or simply making a fist.

Some people get more relief from pain and/or inflammation with *heat* while others get more relief with *ice*. If you have Raynaud's phenomenon you may respond better to heat. Try them both and see which one works best for you. You can apply either heat or ice to your fingers and then move them gently up and down, or side to side. You can massage one hand with your other hand. Try *curling your fingers* even part way to your palm or try making a loose fist and letting them go. Even small movements will help the fingers get more oxygen and rid themselves of toxins. The increased circulation will help relieve some Raynaud's symptoms.

For your whole hand, tip your whole hand up to the ceiling from the wrist very gently, stopping the instant you feel any increased pain. If your wrist is stiff but not extremely painful, you can gently use your other hand to help stretch your palm and fingers upward. Then repeat this in the other direction pointing your palm and fingers toward the floor or bed.



Next move your hand from side to side from your wrist, perhaps an inch or 25 mm to the left, then to the right. Again stop if you notice new or increased pain.

Try a *finger fan*, holding your fingers out with your palms down, spread your fingers apart, hold them spread out for 5 seconds, make a gentle fist and then release and relax them. As your range of motion in your fingers

increases you will be able to spread your fingers farther out and make a tighter fist. There is no right or wrong way to do this. What is important is that you move them. You may also notice less swelling.

Thumb and index finger dexterity is important for many personal care, household and office tasks. Try to touch the tip of your index finger to the tip of your thumb. Don't worry if they will not actually touch each other. Gently curl the index finger towards the thumb as much as you can without dramatically increasing your pain.

Arm Movement

Forearm and upper arm twist is done with your arms at your sides, sitting, standing or laying down. Keeping your elbows at your sides, gently rotate your forearm at the elbow outward from your body. If your left hand is against your left leg, you would turn the palm of your left hand out to face away from you in the direction in front of you for about a quarter turn counter clockwise, return your hand to your leg, then turn your hand clockwise a quarter turn as if your hand is looking behind you, return your hand to your leg. If this is not painful, try turning your hand further so that the back of your hand is against your leg, and then return your hand with the palm facing your leg. Repeat this process with your right forearm. Try to do each forearm 3 times.

Whole arm raises are done in three different directions. This exercise uses the weight of your arm to supply resistance.

Sitting or Standing

1. Sitting down or standing with your arms hanging comfortably straight at your sides and your palms facing behind you; raise your whole arm up to chest height if you can so that there is a 90 degree angle between your arm and your body. Hold it for a count of 1001, 1002, and then gently, slowly lower your arm back to its resting position. Repeat with your other arm. Try to do 3 arm raises with each arm. If you do not have pain, you can try a wrist weight, hand weight or soup can to provide more resistance to help build more muscle strength.

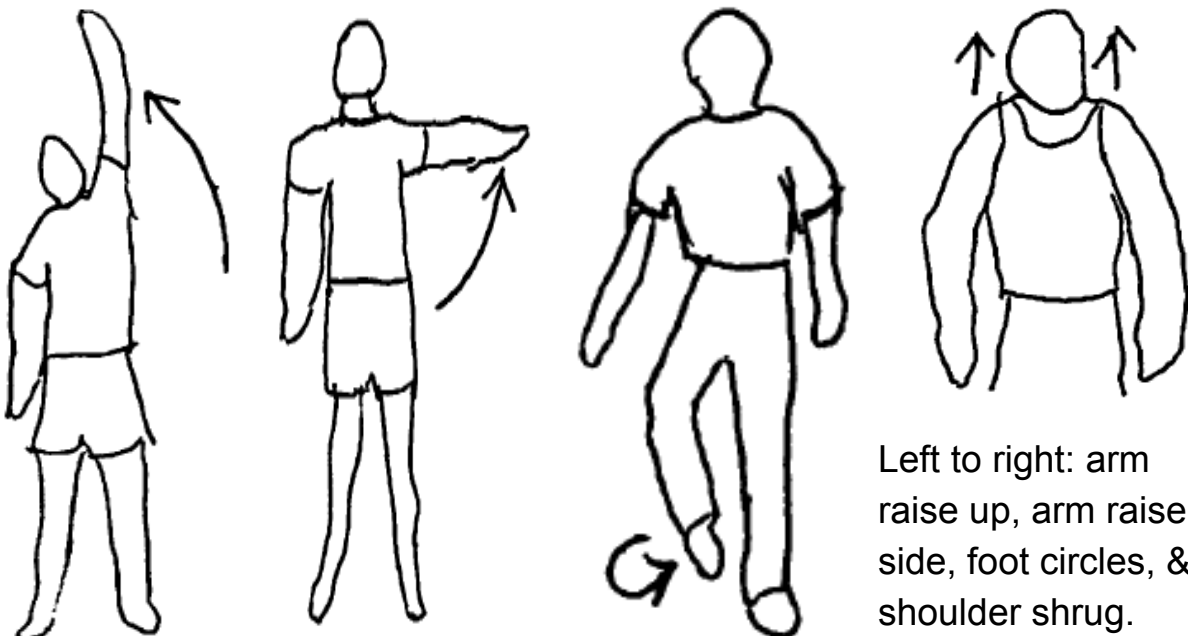
2. From the same starting position, lift your whole arm out to the side with your palms facing down. Raise your arm to chest height if you can so that there is a 90 degree angle between your arm and your body. Hold it for a count of 1001, 1002, and then gently, slowly lower your arm back to its resting position. Repeat with your other arm. Try to do 3 arm raises with each arm. If you do not have pain, you can try a wrist weight, hand weight or soup can to provide more resistance to help build more muscle strength.
3. From the same starting position, lift your whole arm out behind you with your palms facing up. Raise your arm to the height of your tailbone or buttocks if you can. Hold it for a count of 1001, 1002, and then gently, slowly lower your arm back to its resting position. Repeat with your other arm. Try to do 3 arm raises with each arm. If you do not have pain, you can try a wrist weight, hand weight or soup can to provide more resistance to help build more muscle strength.

Lying Down

1. Lying down with your arms resting comfortably on the bed or a yoga mat on the floor, with your palms facing down, slowly raise your arm raise your whole arm up to a height a few inches (cm) above your body if you can so that there is about a 45 degree angle between your arm and the bed/mat. Hold it for a count of 1001, 1002, and then gently, slowly lower your arm back to its resting position. Repeat with your other arm. Try to do 3 arm raises with each arm. If you do not have pain, you can try a wrist weight, hand weight or soup can to provide more resistance to help build more muscle strength.
2. Lying down with your arms resting comfortably on the bed or a yoga mat on the floor, with your palms facing down, lift your whole arm about an inch or two above (25 to 50 mm) the bed, slowly slid your arm out from your body up to your shoulder if you can so that there is about a 60 to 90 degree angle be-

tween your arm and your body while keeping the arm just above the bed/mat. Hold it for a count of 1001, 1002, and then gently, slowly swing your arm back to your body and lower to it's resting position on the bed/mat. Repeat with your other arm. Try to do 3 side arm raises with each arm. If you do not have pain, you can try a wrist weight, hand weight or soup can, or hold for more seconds to provide more resistance to help build more muscle strength.

3. This is a variation on number 2. Slide your hand up to your waist. It will form a triangle between your side, forearm and upper arm. Lift your arm just above the bed/mat so you can feel the weight of your arm. Palm facing down; gently move your arm at the elbow to straighten it out as much as you can. Hold it for a count of 1001, 1002, and then gently, slowly swing your arm at the elbow back to your side and slide your arm back to your body and lower to its resting position on the bed/mat. Repeat with your other arm. Try to do 3 side arm/elbow raises with each arm. If you do not have pain, you can try a wrist weight, hand weight or soup can, or hold for more seconds to provide more resistance to help build more muscle strength.



Left to right: arm raise up, arm raise side, foot circles, & shoulder shrug.

Shoulder Movement

Shoulder shrugs are an up and down motion, not circles. While sitting, standing or lying down, gently lift or shrug your shoulders up toward your ears. Hold it for a count of 1001, 1002, and then gently, slowly lower your shoulders back to their resting position. Try to do 3 shoulder shrugs. If you do not have pain, try increasing the number of repetitions or hold for a few more seconds.

Shoulder circles help increase your range of motion. From sitting or standing, raise your shoulders up towards your ears. Move your shoulder around in a forward circle, and then return your shoulders to their resting position. Repeat the shrug and circle in a backward circle. Try to do 5 repetitions in each direction. If you do not have pain, you can increase the intensity of the shrug or do more repetitions.

Lift and reach or stretch is a variation on an arm raise. Lift your straight arm up above your head. Stretch it a little from your shoulder so that your arm becomes about an inch (25 mm) longer toward the ceiling. Repeat on your other side. Try to do 3 repetitions on each side. This stretch moves many muscle groups and even helps you to breathe deeper.

Neck Movement

Do not do any neck exercises if you have vertigo, inner ear problems or cervical vertebrae issues. As with all exercises, check with your health care professional before trying any.

Tilt your head to the side while keeping your shoulders level. Tilt your head with your ear toward your shoulder, and gently back upright. Tilt as far as is comfortable. Repeat on your other side. Try to do at least 2 repetitions. Stop if you have any dizziness or pain.

Chin tucks stretch the long muscles down the back of your head and neck. This is excellent if you spend a lot of time sitting. While sitting or standing, adjust your posture so that you feel as if your spine is in perfect alignment. Put an index finger on your chin. Tilt your chin down slightly toward your chest. Pull the top of your head up toward the ceiling. You will feel a pull or stretch down the back of your neck. Release and return to your normal po-

sition.

Neck or head circles have caused more damage than good to many people. I do not suggest them for anyone.

Rib Cage and Diaphragm Movement

You can *check how deeply you breathe* by placing a hand on your abdomen and your other hand on your chest while you inhale and exhale. Notice how much each hand moves. Ideally you want to fill your lungs completely with each breath. In lupus, inflammation, fluid, pulmonary hypertension, COPD, asthma, chest infection, stress and fatigue can all have an effect on how well you breathe. It is important to notice how you breathe and check it from time to time. You will notice that as you move and exercise, you will naturally breathe deeper without forcing it.

Learning to breathe more deeply and evenly will have both physical and psychological benefits. A simple practice to begin breathing more fully is to check your breath with your hands as outlined above. Next, breathe in through your nose counting 1001 and 1002. Then exhale through your mouth counting 1001 and 1002. Do this 10 times. If this is comfortable try increasing the count to 3: inhale through your nose counting 1001, 1002, 1003; hold the breath for counting 1001, 1002; then exhale through your mouth counting 1001, 1002, 1003. Place your hands on your abdomen and chest again and repeat this counting. Notice if it feels any different from when you checked your breathing before you started counting to a breath. Some people notice a change immediately, while others find it takes some practice before they notice a change in how deeply they are breathing.

If your chest is very tight, your ribs may not be moving much as you breathe.

1. You can try placing your hands on your rib cage with your fingers spread apart so that your fingers rest between ribs.
2. As you breathe, gently push in or apply pressure towards your ribs with a very light touch, no more pressure than the weight of a looney and gently let go.

3. Repeat 5 times, then, check how deeply you are breathing. Most people will find even a small amount of increased movement in the chest and rib muscles.
4. Celebrate each step in breathing more fully. You have taken a positive step to decreasing your pain and inflammation and to increasing your oxygenation and detoxification.
5. When you first start this practice it may feel uncomfortable, stick with it and you will make progress.
6. Try this rib technique 3 times a day for at least two weeks and make a note in your journal of any changing in breathing.
7. Sometimes when you are in a lot of pain, the idea of even trying to breathe deeper can produce fear and anxiety. That is ok; just try anyway so you can feel better.

Breathe into both the
chest and the abdomen.

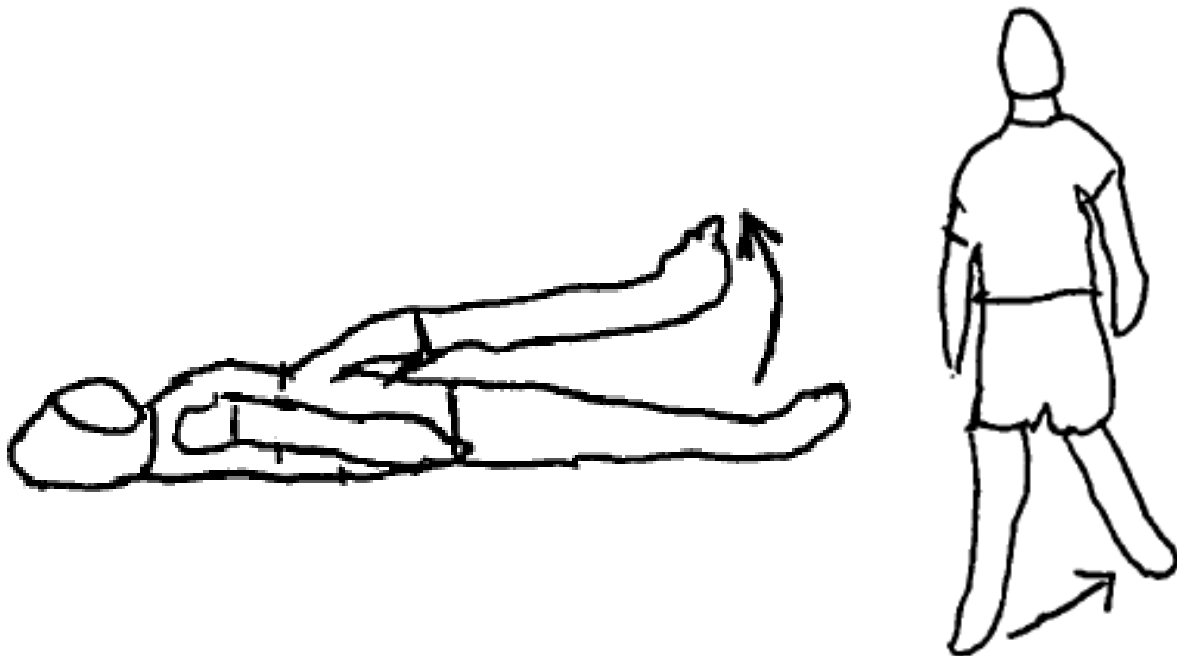
Hip Movement

Turning you hip and leg out and turning your leg inward toward the other leg are a gentle way to get moving. You can do this sitting, however you will get more results if you do this lying down as your movement will not be restricted by the surface you are sitting on. Begin by gently rolling your whole right leg out towards the right. Your hip will naturally follow your leg. How far your hip turns will depend on how tight your soft tissues are and how tight the bottom of your spine is. Any movement is a great start. Hold the turned out position for 5 to 10 seconds, then gently roll the leg back to the middle, straight ahead position. Repeat this with the left leg, rolling it out to the left, holding, then, returning to the starting position. Next roll the right leg in toward your left leg, hold for 5 to 10 seconds, and then return your leg to the starting position. Repeat this with your left leg, rolling it in toward your right leg, holding for 5 to 10 seconds, then, return your leg to the starting position. Try to repeat this sequence 3 times. Do this once a day for 2 or 3 weeks then try to increase to twice a day for another 2 or 3 weeks. Continue building up the number of repetitions within your pain tolerance.

Pelvic tilts can help release tight muscles at your tailbone or in your hips. This often can decrease sciatica pain, ease bowel movements and urination. When sitting, push the small of your back into the back of your chair. When lying down, push the small of your back against the bed. This will pull your abdomen in and push your tailbone towards the front. Movements may be small or not able to be felt at all at first. Keep trying for your movement will increase with practice. If you are in a lot of pain, you can start with 3 pelvic tilts, 3 times a day. If you are not in a lot of pain, more often is even better.

Abdominal contractions can help stabilize your core. It is important to continue breathing throughout. Many people hold their breath which does not allow you the benefits of this exercise. You can do these sitting, standing or laying down. You may want to go to the bathroom and empty before doing these. Pull in and contract your abdominal muscles or belly as hard as you can without causing more pain. Hold for a count of 1001, 1002, 1003

and then gently release the muscles allowing them to return to their resting position. Try to do 5 repetitions. Over a period of several weeks you may find a noticeable improvement in your core strength and many people also have improved digestion.



Leg Movement

Leg raises build strength. Try them alone or with ankle weights or your heaviest shoes.

1. *Sitting leg raise.* Lift your lower leg off the floor and straighten it out at hip height. Hold for a count of 1001, 1002, and then gently release the muscles allowing the leg to return to its resting position. Repeat with your other leg. Try to do 5 repetitions with each leg. If you cannot lift your leg out straight, go as far as you can. Even a few inches will help your circulation and lymph drainage.
2. *Standing leg raise.* Lift one leg out straight in front of you. Hold for a count of 1001, 1002, and then gently release the muscles allowing the leg to return to its resting position. Repeat with your other leg. Try to do 3 repetitions with each leg. Next lift one leg a few inches (cm) out to the side. Hold for a count of

1001, 1002, and then gently release the muscles allowing the leg to return to its resting position. Repeat with your other leg. Try to do 3 repetitions with each leg. Now lift one leg out behind you a few inches (cm). Hold for a count of 1001, 1002, and then gently release the muscles allowing the leg to return to its resting position. Repeat with your other leg. Try to do 3 repetitions with each leg. If you find these easy, increase the repetitions or use ankle weights or wear your heaviest shoes to increase the resistance. If you have balance problems, hold on to something while doing these exercises like a chair, wall, door frame, tree, car or wall.

Pull up knee with a towel, resistance band or pant leg toward your chest to stretch out your hips, pelvic floor and upper legs. This is most effective if done when lying down. Lying on your back, pull your knee and leg up toward your chest. If you have some mobility you may be able to grab your pant leg to assist you. If you are very stiff, you can use a bath towel behind your knee with one end of the towel in each hand. Even if you can only move a little bit, it will help free up your lower back. Over time you will find that you can draw your knee up a bit more. By releasing tight, contracted muscles in your pelvis, you may find it easier to walk, have less sciatic nerve pain or you may have easier bowel movements.

Ankle and Foot Movement

Drawing the alphabet with your foot in the air or resting your foot on the floor, while sitting is a good way to increase your lymphatic drainage lowering fluid retention. Your lymph system does not have a pump like your blood does with your heart moving it through your cardiovascular system. The lymph system removes toxins, by-products of metabolism, medications by-products, chemicals and other inflammatory material from your cells and transports them to be excreted in urine or feces. You can do this sitting, riding in the car, waiting in a line, or sitting on the edge of your bed or lying down if you cannot sit up, basically anywhere. If you are standing and have balance problems, hold on to something while doing these.

Toe curls can help balance and help relieve foot cramps. These can be done sitting, standing or lying down. Tilt or curl your toes down towards the floor or toward the foot of your bed. Hold for 1001, 1002 and then relax for 1001, 1002. Next curl or pull your toes up toward your knees, hold for 1001, 1002 and then relax. Try to do 3 repetitions. With practice you may find you can curl your toes further in each direction. This will also provide movement in your ankles.

Relaxation Techniques, Meditation and Breathing Exercises

Breathing is one type of movement. There are many types of *relaxation techniques* from autogenics, guided imagery, creative visualization, progressive muscle relaxation to mindfulness to help you release or soften contracted muscles, ligaments and fascia. Nutrition and Lupus Book 3: Relaxation Plus will introduce you to a variety of techniques and resources.

Inflammation in lupus can result in stiff or contracted intercostal (between the ribs) muscles and fascia (connective tissue). This inflammation and stress can also contract or harden the diaphragm in your abdomen needed in order to take full, deep breaths to completely fill the lungs with air when you inhale and to efficiently release toxins like carbon dioxide when you exhale. Your lungs are a primary organ of detoxification and if you are shallow breathing, toxins are left in your body to re-circulate potentially causing free radical damage and even more inflammation and pain.

Foods and Supplements

Magnesium is a key mineral for your muscles. Epsom salts are magnesium sulphate and can be used in warm water to relieve sore muscles. It can be used in a bathtub, foot bath or bowl. Any container that you can get the sore part into will work, such as your whole body in the tub, or a foot or hand in a container. Check with your health care professional to see if you have low blood magnesium and/or could benefit from magnesium supplements to ensure you are getting a 2:1 calcium to magnesium ratio.

Magnesium rich foods include: pumpkin seeds, squash seeds, brazil nuts,

sunflower seeds, black eye peas, soy cheese, all bran cereal, almonds, soy nuts, wheat germ, beans, prickly pear, spinach, swiss chard and other foods containing lesser amounts of magnesium.

Mg

Ca



Protein

Vitamin C

Oxygen

Water

Hydration

Water is important for detoxification and proper function of your entire body, including your brain. When you exercise, your muscles break down nutrients and also produce lactic acid. To get rid of these toxins you need to be well hydrated. How much you need depends on your diet and your kidney function. You get water from liquids and from foods, particularly fruits and vegetables. Some substances are dehydrating like alcohol and caffeine. For every cup of coffee you drink, you need to drink an extra cup of water.

Clean water is needed by every cell and process in your body. Some medications, exercises and caffeine can all increase your need for extra water. If you have lupus kidney involvement, you may be advised to increase or decrease your water intake depending on the nature of your kidney problem.

Movement Worksheet

Hand Exercises

Today I will do _____

Finger Movements

Today I will do _____

Arm Exercises

Today I will do _____

Shoulder Exercises

Today I will do _____

Neck Exercises

Today I will do _____

Face Movements

Today I will do _____

Chin Tucks

Today I will do _____

Abdominal Exercises

Today I will do _____

Hip Exercises

Today I will do _____

Leg Exercises

Today I will do _____

Ankle Exercises

Today I will do _____

Foot Movements

Today I will do _____

Resources

To live well with a chronic illness, lifelong learning is essential.

Science and modern medicine make new discoveries and teach you even better ways to help yourself.

This list is a starting point for your movement journey to living better with your illness.

Books

1. Stretching by Bob Anderson ISBN 978-0-936070-46-9
2. Black Creek Community Health Centre (Toronto) Exercise Manual 2013 pdf or hardcopy
3. Superstretch by Jacqueline Lysycia ISBN 978-0-600-61703-7
4. Yoga for Beginners by Harry Waesse ISBN 0-8069-2033-5

Videos

1. The Right Moves For Lupus: A Gentle Fitness Program 2004 by Dr. Robert Kipnis, Sonia F. Little, Certified Exercise Instructor, American Council on Exercise, JoDee Pryce licensed physical therapist, Penny Wolf and Janice Luckley, published by the Lupus Foundation of America, North Carolina Chapter, available at 704-716-5640 or at www.lupus.org/northcarolina/pages/right-moves-for-lupus-exercise-video.
2. The Travell Stretch Program by Dr. Janet Travell
3. FM Stretch Video by Oregon Fibromyalgia Association
4. Gentle Fitness www.gentlefitness.com

Web Sites

1. www.webmd.com/lupus/community-tv-lupus-11/lupus-exercise
2. www.arthritisvic.org.au/Conditions-and-Symptoms/Lupus/Exercise
3. www.lupusresearchinstitute.org/lupus-facts/fight-lupus/exercise-and-lupus

Your Movement Team

Who Are Your Team Members

The members of your movement and exercise team might include: a general practitioner (family doctor), rheumatologist, nurse practitioner, naturopath, osteopath, cranial sacral therapist, physiotherapist/kinesiologist, holistic nutritionist, fitness coach, personal trainer or specific exercise instructor for activities like tai chi, yoga, resistance training, aqua fit, etc.

Let's look at what some of these people do.

Physiotherapist/kinesiologist: a person trained to help people learn ways to decrease their pain, increase range of motion, increase strength and increase endurance. Physiotherapists are also known as PT. In 2013 Kinesiologists became a regulated profession in Canada making them eligible for payment under some provincial health care plans like OHIP. In Ontario, physiotherapy is generally not covered except through employer extended health care plans or accident insurance.

Osteopath: a person trained to assess the position, mobility and quality of certain tissues, fluids and rhythms of the body. For more detailed information see <http://www.osteopathy-canada.com/osteopath-definition/>?

Cranial Sacral Therapist: "CranioSacral Therapy (CST) is a gentle, hands-on approach that releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance. It was pioneered and developed by Osteopathic Physician John E. Upledger after years of clinical testing and research at Michigan State University where he served as professor of biomechanics. Using a soft touch which is generally no greater than 5 grams – about the weight of a nickel – practitioners release restrictions in the soft tissues that surround the central nervous system. CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and it's effective for a wide range of medical problems associated with pain and dysfunction."³

Osteopath: a person trained to detect minute modifications in the quality of tissues and to determine the best treatment. An osteopath uses gentle movement to restore the proper flow of cerebrospinal fluid, clear obstructions and restore function using a methodical sequence including osteo-articular adjustments, cranial-sacral application, visceral normalization and fascial release. Since the osteopath can detect problems deep within the body, he/she can advise you on movements or exercises to help maintain the releases and to prevent further injury.

Fitness Coach: a person trained to guide you through getting a fit body, not just a workout.

Personal Trainer: a person trained to do a fitness assessment and then develop your individualized exercise prescription and instructions.

Lifestyle Choices

Daily Stretching
Movement

Daily Walk

Resistance Exercise

Activity Log

Keep a daily and weekly activity log recording day, time, type of exercise and duration. Have your health care professional review it every few months and help you adjust it to your current condition.

Here is an example:

Date	Time	Type of Exercise	Duration	Daily
Total				
2015-02-14	8 am	Walking	15 minutes	
2015-02-14	4 pm	Arm and Leg Raises	10 minutes	
2015-02-14	8 pm	Shoulder Shrugs	3 minutes	
				28 min

For someone else the log may look like:

Date	Time	Type of Exercise	Duration	Daily
Total				
2015-02-14	8 am	Leg Raises on Bed	5 minutes	
2015-02-14	4 pm	Walking	2 minutes	
2015-02-14	8 pm	Hand & Ankle Moves	5 minutes	
				12 min

Another log may look like:

Date	Time	Type of Exercise	Duration	Daily
Total				
2015-02-14	8 am	Deep Breathing	5 minutes	
2015-02-14	4 pm	Hand Exercises	2 minutes	
2015-02-14	8 pm	Walking	5 minutes	
				12 min

The next page has a typical activity log.

Activity Log

Client Name _____

Day	Time	Activity	Minutes
Monday			
		Monday Total	
Tuesday			
		Tuesday Total	
Wednesday			
		Wednesday Total	
Thursday			
		Thursday Total	
Friday			
		Friday Total	
Saturday			
		Saturday Total	
Sunday			
		Sunday Total	
		Weekly Total	

Summary

Exercise and Fitness

Movement helps your body and mind.

You can move your hands and feet once an hour or every few minutes. You can move other muscles any time day or night. If you are able to, you can stand or stretch once an hour, or even better stretch once every 15 minutes. It only takes a few seconds.

Every person alive can move. Before starting or increasing exercise, check with your health care professional to determine what is appropriate for you.

You cannot control your lupus, however you can control how much you let it affect you. To be sustainable a movement and exercise program has to be individualized to your needs and abilities and reviewed or updated on a regular basis. Living well with lupus is about making small changes that you can stick to.

Join a lupus peer support group. The support group can help you stay focused on self care which includes movement and exercise, pacing, quality sleep, leisure, medication compliance, relaxation, meditation and nutrition. Each of these things is under your control, not your doctors or family. Ultimately you are the person responsible for how well you do or how poorly you do.

You just need to choose to move or exercise. The choice is yours. The restricted movement, edema, swelling and/or pain are yours. It is up to you if you are willing to do some movement to feel better and function better.

Your Goal: Living Well With Lupus!

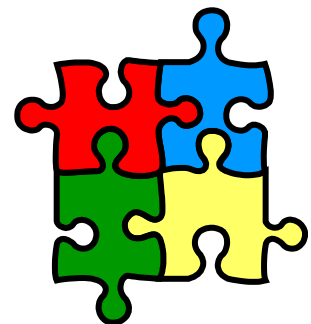
Footnotes

¹ Robert H. Phillips, *Coping with Lupus, 4th Edition* (Toronto: Penguin Group, 2012), 93.

² Louise S. McCrindle ND and Alison C. Bested MD, *Fibromyalgia Health, Diet Guide & Cookbook* (Toronto: Robert Rose Inc., 2013), 54.

³ Upledger Institute. "What is CranioSacral Therapy?" Available: <http://www.upledger.com/content.asp?id=61>

Body Mind Spirit



About The Author

Cathy Ferren RHN MAATO is a registered holistic nutritionist, life skills and health coach and instructor, certified Personality Dimensions® instructor, relaxation techniques coach and prayer minister working across Canada. She incorporates her over 35 years of experience in architectural technology into barrier free design consultations for her clients to help them meet their mobility needs.

As a lifelong volunteer in many non-profit organizations, she brings her experience, compassion and focus to her clients. She is passionate about helping people improve their wellness in all areas: body, mind and spirit.



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