

Arthritis Program - Range of Motion Exercises

<https://phc.eduhealth.ca/en/permalink/phem1958>

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Language: English

Status: Pending or under revision

Description: A brochure recommending various physical movements that a person can perform to alleviate pain and stiffness due to joint inflammation.

Format: Booklet

Topic: Procedures, Treatments & Tests

People with Chronic Diseases

Subject: Arthritis

Inpatient Rehabilitation

Keywords: Arthritis Program

feet

knees

hips

shoulders

lying on back

sitting

abdomen

Exercise Programs

Reading Level: 5

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