

MODERATE EXERCISE PROGRAMME FOR MYOSITIS

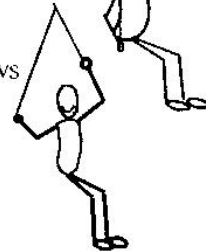
Warming up: Step up. Use a 20 cm high stool. Start with the right leg first during one minute and then change legs. Move your arms as if you were walking. If necessary hold on to something to keep your balance.



1a. For mobility in the upper extremities use a pulley apparatus. Push one arm down to help the other up. Work with your elbows forwards-upwards. 10 repetitions / arm.

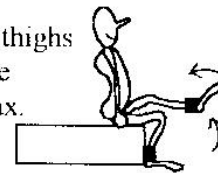


1b. Use the pulley apparatus as above. Work with your elbows sideways-upwards. 10 repetitions / arm.



2. For grip strength hold on to the handles of the pulley apparatus and squeeze them tight with one hand at the time. 10 repetitions / hand.

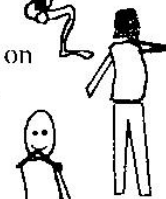
3. For strength in the quadriceps sit on a chair or a bed with the thighs supported. If needed put a weight cuff round the ankle. Tense the quadriceps and strain the knee. Hold for 5 seconds and then relax. 10 repetitions / leg.



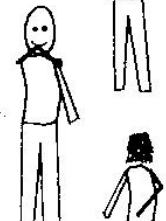
4. For strength in the shoulder muscles sit on a chair. If needed put weight cuff around the wrists. Raise one arm at the time above your head as much as you can. 10 repetitions / arm.



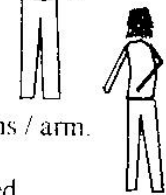
5a. For mobility and strength in the upper extremities put your hand on your neck. Abduct the arm as much as possible. 10 repetitions / arm.



5b. Hand on opposite shoulder. Raise the elbow as much as possible. 10 repetitions / arm.



5c. Hand on your back. Stretch out as much as you can. 10 repetitions / arm.



6. For strength in the lower extremities lay down on the floor or a bed. Bend your knees and push your pelvis up. Hold for 5 seconds and then relax. 10 repetitions.

