



# Resource Library

## Arthritis Support Aromatherapy Massage & Joint Freeing Exercises



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# Aromatherapy Oils

## Arthritis Awareness – Essential Oils & Massage

Massage can be beneficial to arthritis symptoms by easing muscular tension and stiffness in the surrounding area. It can also help stimulate circulation to the area.

Some essential oils can be beneficial when used to complement massage. When using essential oils, it is important to check that they won't cause a reaction with the person who's receiving the massage. Essential oils are highly concentrated and should always be diluted before use in massage. Dilution should be no more than 6 drops of essential oils to 10ml of carrier oil. Recommended carrier oils include: Sweet almond oil, grapeseed oil or sunflower oil. If in doubt you can buy pre-blended oils for muscular aches and pains.

Essential oils which can be helpful:

### **CORIANDER** (*Coriandrum sativum*)

A warming oil that's beneficial for arthritis and muscular aches and pains.

Safety data – Generally non-toxic, non-irritant, non-sensitizing.

### **BLACK PEPPER** (*Piper nigrum*)

A warming oil that's beneficial for arthritis and muscular aches and pains

Safety data – Non-toxic, non-sensitizing, irritant in high concentration.

### **GINGER** (*Zingiber officinale*)

A warming oil that's beneficial for arthritis and muscular aches and pains

Safety data – Non-toxic, non-irritant (except in high concentrations), slightly phototoxic (avoid sunbathing after use).

### **LAVENDER** (*Lavandula angustifolia*)

Lavender is one of the most versatile essential oils. It's good for relaxation, calming and soothing.

Safety data – Non-toxic, non-irritant, non-sensitizing.

# Massage Technique

- When carrying out massage you can use a carrier oil on its own or choose a pre-blended oil (Weleda do a very good muscle massage oil with arnica that's readily available on the high street). If you wish to blend your own you can.
- First make sure you and the person receiving the massage are comfortable. Place a towel under the area being massaged to protect the surface below from any oil spillage.
- Pour a small amount of oil (approx. size of 10p) into the palm of your hand (you can always add more as needed but it's harder to remove if there's too much). Rub your hands together to warm the oil and your hands.
- Place your hands on the area receiving the massage (hands & arm). Maintaining contact throughout, slide your hands up the hand and forearm to the elbow and return to the hand. Repeat 5+ times. This move is called effleurage.
- You can use your thumbs to do small circles from the wrist to elbow, check with the person receiving the massage that the pressure feels comfortable.
- Take each finger and do slow circles with your thumb down the finger or thumb (again check pressure).
- Turn the hand over and apply small thumb circles to the palm of the hand paying particular attention to the muscle at the base of the thumb.
- Finish the massage with the long stroking movement (effleurage).



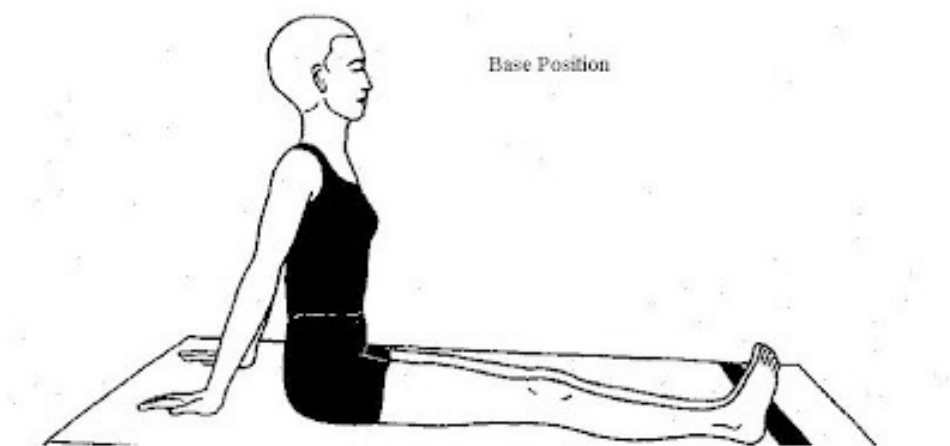
**Information sourced & supplied  
by Jenny Raphael, Holistic Therapist.**

# Yoga – Joint Freeing Exercises

## Pawanmuktasana Series – joint freeing

The word pawan means ‘wind’ or ‘prana’ mukta means ‘release’ and asana means ‘pose’. Therefore Pawanmuktasana Series means a group of asanas that remove any blockages which prevent the free flow of energy in the body and mind. These practices are also referred to as ‘sukshma vyayama’ or ‘subtle exercises’. The anti-rheumatic group is concerned with the loosening up of the joints of the body. It is excellent for those with rheumatism, arthritis, high blood pressure, heart problems or other ailments where vigorous physical exercise is not advised.

**You can access a short class with Yoga Teacher Sharon Price who will guide you through this series: <https://youtu.be/CrOMTDWtPYM>**

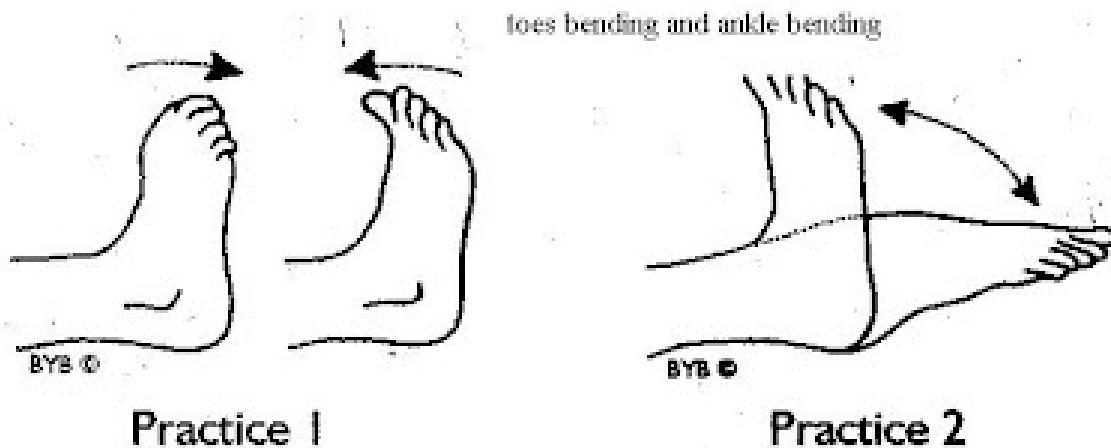


### BASE POSITION

All the practices in this section are performed in the base position. Sit with legs outstretched. Place palms of the hands on the floor to the sides and just behind the buttocks. Back, neck and head should be straight and elbows straightened. Taking the support of the arms, lean back slightly. Relax the whole body in this position with eyes closed.

**PLEASE ADAPT** by sitting on a chair or on the edge of a bed.

# Yoga - Joint Freeing Exercises



## TOE BENDING

Sit in the base position. Lean back a little, using the arms to support the back. Keep the spine as straight as possible. Be aware of the toes. Move the toes of both the feet slowly backward and forward, keeping the feet upright and the ankles relaxed and motionless. Hold each position for a few seconds. Repeat 10 times. Inhale as the toes move backward, exhale as the toes move forward.

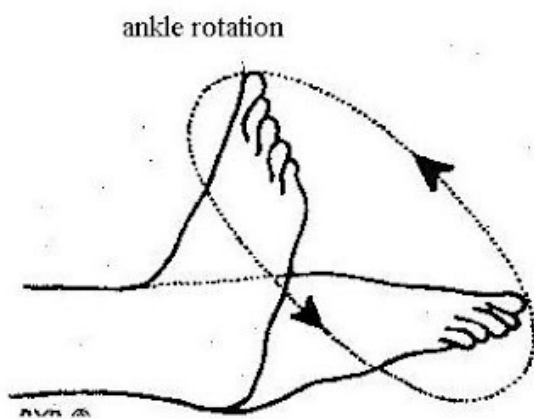
## ANKLE BENDING

Sit in the base position. Keep the feet slightly apart. Slowly move both the feet backward and forward, bending them from the ankle joints. Try to touch the feet forward, bending them from the ankle joints and then draw them back towards the knees. Hold each position for a few seconds. Repeat 10 times. Inhale as the feet move backward. Exhale as the feet move forward.

# Yoga - Joint Freeing Exercises

## ANKLE ROTATION

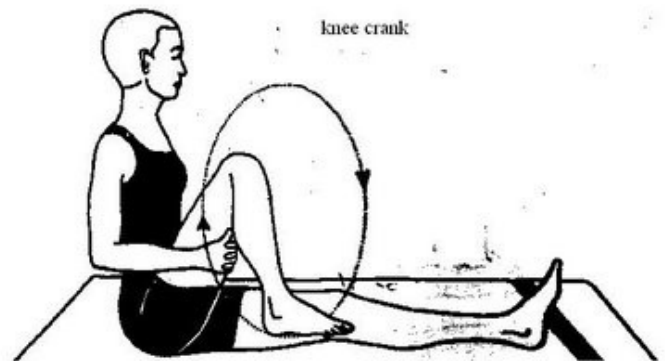
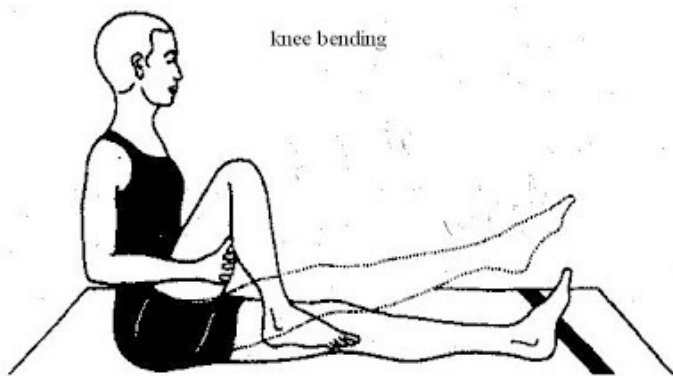
Sit in the base position. Separate the legs a little, keeping them straight. Keep the heels on the ground throughout the practice. Stage 1: Slowly rotate the right foot clockwise from the ankle 10 times. Then repeat 10 times anticlockwise. Repeat the same procedure with the left foot. Stage 2: Place the feet together. Slowly rotate both feet together in the same direction, keeping them in contact with each other. Do not allow the knees to move. Practise 10 times clockwise and 10 times anticlockwise. **BREATHING:** Inhale on the upward movement. Exhale on the downward movement.



## ANKLE CRANK

Sit in the base position. Bend the right knee and bring the foot towards the buttock. Turn the knee out to the side and place the foot on the left thigh. Make sure the ankle is far enough over the thigh to be free for rotation. Hold the right ankle with the right hand to support the ankle. Hold the toes of the right foot with the left hand. With the aid of the left hand, slowly rotate the right foot 10 times clockwise, then 10 times anticlockwise. Repeat with the left foot placed on the right thigh. Inhale on upward movement. Exhale on downward movement. **BENEFITS:** All the foot and calf asanas help in returning the stagnant lymph and venous blood. They thus relieve tiredness and cramp and prevent venous thrombosis.

# Yoga - Joint Freeing Exercises



## KNEE BENDING

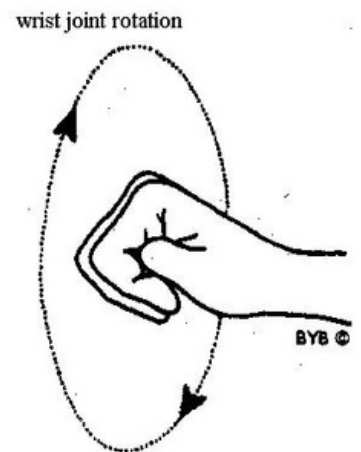
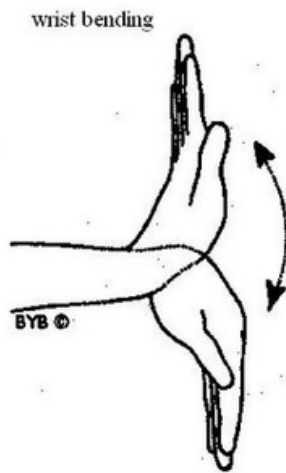
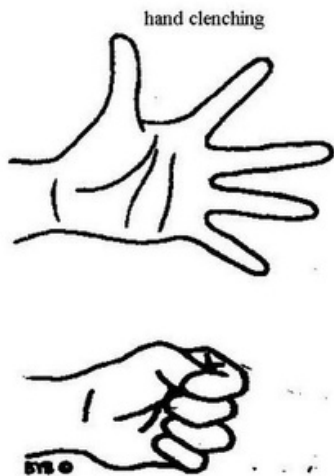
Sit in the base position. Bend the right knee and clasp the hands under the right thigh. Straighten the right leg, pulling up the kneecap. Keep the hands under the thigh but straighten the arms. Do not allow the heel or toes to touch the floor. Bend the right leg at the knee so that the thigh comes close to the chest and the heel near the buttocks. Keep the head and spine straight. This is one round. Practice 10 rounds with the right leg and then 10 rounds with the left leg. Inhale while straightening the leg. Exhale while bending the leg.

## KNEE CRANK

Sit in base position. Bend the right leg at the knee as described in knee bending above. Place the hands under the right thigh and interlock the fingers or cross the arms holding the elbows. Raise the right foot from the ground. Rotate the lower leg from the knee in a large circular movement. The upper leg and trunk should be completely still. Rotate 10 times clockwise and 10 times anticlockwise. Repeat with the left leg. Inhale on the upward movement. Exhale on the downward movement. **BENEFITS:** Since the knee joints bear the whole weight of the body and has no strong muscles for support, it is most vulnerable to injuries, sprains and osteoarthritis. All the knee asanas strengthen the quadriceps muscles and the ligaments around the knee joint. These asanas rejuvenate the joint by activating the healing energies.



# Yoga - Joint Freeing Exercises



## HAND CLENCHING

Sit in base position or any cross legged position. Hold both arms straight in front of the body at shoulder level. Open the hands, palms down and stretch the fingers as wide apart as possible. Close the fingers to make a tight fist with thumbs inside. Again open the hands and stretch the fingers. Repeat 10 times. Inhale on opening the hands. Exhale on closing the hands.

## WRIST BENDING

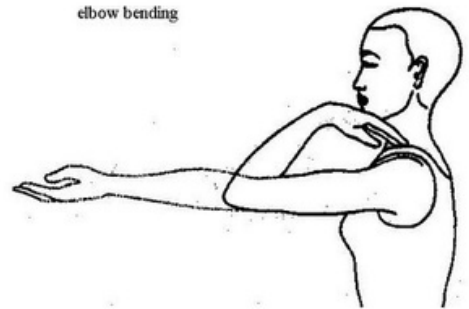
Stretch the arms in front of the body at shoulder level. Keep palms open and fingers straight throughout the practice. Bend the hands backward from the wrists as if pressing the palms against a wall with the fingers pointing towards the ceiling. Now, bend the hands forward from the wrists so that the fingers point towards the floor. Elbows to be kept straight throughout the practice. Do not bend the knuckle joints or fingers. Repeat 10 rounds of this up and down movements. Inhale with the backward movement and exhale with the forward movement.

## WRIST JOINT ROTATION

Extend right arm forward at shoulder level. Make a fist with right hand, thumb inside. Left hand may be used as support, if necessary. Now, slowly rotate the fist about the wrist, keeping the palms facing downwards throughout the rotation. Arms and elbows should remain perfectly straight and still. Make as large circles as possible. Practice 10 times clockwise and 10 times anticlockwise. Repeat with the left fist. Wrist joint rotation can be practiced with both arms together.

# Yoga - Joint Freeing Exercises

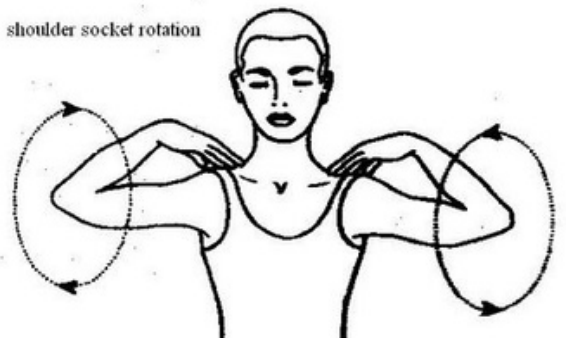
elbow bending



## ELBOW BENDING

Sit in base position or a cross-legged position. Stretch the arms in front of the body at shoulder level. Hands open and palms facing up. Bend the arms at the elbows and touch the fingers to the shoulders. Straighten the arms again. Upper arms remain parallel to the floor, elbows at shoulder level. Repeat bend and straighten arms 10 times. Inhale while straightening the arms. Exhale while bending the arms.

shoulder socket rotation

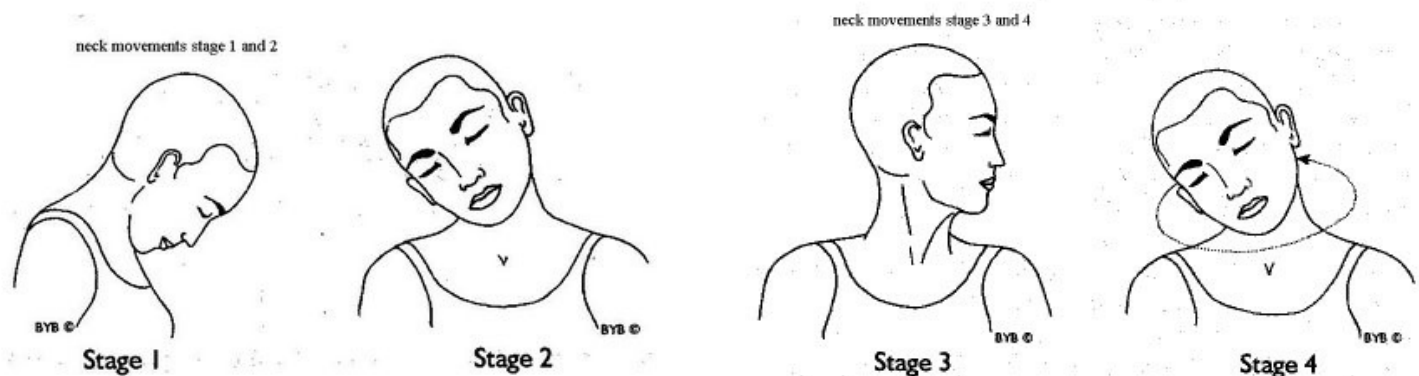


## SHOULDER SOCKET ROTATION

Sit in base position or a cross-legged position. Place fingers of left hand on left shoulder and fingers of right hand on right shoulder. Fully rotate both elbows at the same time in a large circle. Try to touch elbows in front of the chest on the forward movement and touch the ears while moving up. Stretch the arms back in the backward movement and touch the sides of the trunk while coming down. Inhale on upward stroke and exhale on downward stroke. Practice slowly 10 times clockwise, then 10 times anticlockwise.

**BENEFITS:** The shoulder asanas are helpful in cervical spondylitis and frozen shoulders. They also maintain the shape of the shoulder and chest.

# Yoga - Joint Freeing Exercises



**Stage 1:** Close the eyes. Slowly move the head forward and try to touch the chin to the chest. Then move the head as far back as comfortable. Do not strain. Try to feel the stretch of the muscles in the front and back of the neck and the loosening of the vertebrae in the neck. Inhale on the backward movement and exhale on the forward movement. Practice 10 times.

**Stage 2:** Remain in the same position, keeping the eyes closed. Face directly forward and relax the shoulders. Slowly move the head laterally to the right and try to touch the right ear to the right shoulder without turning the head or raising the shoulders. Now move the head laterally to the left side and try to touch the left ear to the left shoulder. Do not strain. Inhale on upward movement and exhale on downward movement. Repeat 10 rounds.

**Stage 3:** Keep head upright and eyes closed. Gently turn the head to the right so that the chin is in line with the shoulder. Feel the release of tension in the neck muscles and the loosening of the neck joints. Now slowly turn the head to the left as far as is comfortable. Do not strain. Inhale while turning to the front. Exhale while turning to the side. Practice 10 times on each side.

**Stage 4:** Slowly rotate the head downward, to the right, backward and then to the left in a relaxed, smooth, rhythmic, circular movement. Feel the shifting stretch around the neck and the loosening up of the joints and muscles of the neck. Inhale while the head moves up. Exhale while the head moves down. Repeat 10 times clockwise and 10 times anti clockwise. Do not strain. If you feel dizzy, open your eyes.

# Yoga - Joint Freeing Exercises

## **BENEFITS**

All the nerves connecting the different organs and limbs of the body pass through the neck. The muscles of the neck and shoulders accumulate tension. These asanas release tension, heaviness and stiffness in the head, neck and shoulder region.

## **CONTRAINDICATIONS**

These four neck movements should not be performed by elderly people and those suffering from low blood pressure, very high blood pressure or extreme cervical spondylosis. Patients with cervical spondylosis should strictly avoid forward bending of the neck.

**Resources Supplied and sourced by  
Sharon Price, Yoga Teacher.**

For more resources and online yoga classes by Sharon, please contact us for the links.