

Fighting Arthritis with Exercise



Mervyn and
Everyone Active

When the pain in Mervyn's hip got worse, he began to struggle with everyday tasks, and could no longer ride his bike. He began to rely on his walking stick, struggled with the inactivity and the pain - he felt miserable. This was a big change as he was used to being active.

Mervyn “hit a really low point” with his pain, even strong painkillers prescribed by his GP weren't helping anymore. He discussed surgery with his doctor, where more exercise was discussed to reduce his BMI to help with his recovery post-op. He was prescribed ‘exercise through referral’, so twice a week he started attending his local Everyday Active leisure centre and received personal, tailored training from one of the instructors.

Initially, Mervyn thought “exercise is the last thing I want to be doing with this level of pain”. The first time he attended, he felt exhausted just from taking the stairs at the centre even with his stick, the handrail and help from his instructor.

**Exercise is the last thing I
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level of pain!**

He only managed four minutes on the walker and ten minutes on the bike and used some of the resistance bands. The pain was still a problem and he continued to need painkillers to get through it, but he persevered. Through regular attendance, he built up his fitness and strength which reduced his pain and he can now do an hour and a half at the gym twice a week!

“I can’t believe the difference from the first session just from doing two sessions a week”.

Mervyn spoke very highly of the staff at the leisure centre, particularly his instructor, explaining how **“he’ll always make time to look after you and check you’re doing it properly”.**

Mervyn’s instructor tailored his exercise routine, strengthening muscles around his hip, ensuring no added pressure is applied. Mervyn has also learnt how to improve his posture and different exercises that he can do at home to help further.



**He’ll always make time to
look after you and check
you’re doing it properly**

Mervyn has experienced many benefits from regularly exercising:

- **lost two stone**
- **no longer needs help getting out of chairs**
- **can easily take the stairs**
- **feels stronger and fitter**
- **no longer needs his stick**
- **has reduced his medication**

This has motivated him to continue as he realises exercise has changed his life the better.

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