



Common Sense in Medicine

**This information is based on
patient interaction of over
twenty-five years in the office of
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Orthopedic Surgeon**

A Time to Exercise

I know you think you don't have time to exercise, but let me give you some common sense ways you can. First realize that any extra exercise you do will make you healthier. It lowers blood pressure, relieves stress, decreases weight, relieves arthritis pain, and makes you stronger. Are there any of these things you don't want?

Realize that if our regular daily activities were enough exercise for us, then we would all look like Mr. Universe. If we can add any extra exercise to our daily activities, we can get stronger. This is especially helpful if we have a weak or injured area of our body.

Some exercises you can do with your lower body to strengthen the thigh and calf muscles are simple. While you watch TV or talk on the phone, rub your feet back and forth on the carpet. The harder you push down, the more your muscles work. While brushing your teeth and combing your hair, go up and down on your tiptoes. While sitting, put your hands outside your knees and try to hold them together while

spreading your knees apart. Then put your hands inside your knees and try to push your knees apart. During TV commercials, grab onto your chair seat and try to lift your shoulders. Then push in on the sides of the chair.

For your neck muscles, put one hand against your head and push sideways while your neck muscles slowly resist the movement.

While driving, squeeze your hands together while gripping the steering wheel, then try to move them apart while still holding the wheel. Grab the top of the wheel and push forward with one hand and pull backward with the other. Force yourself to sit up as tall and straight as you can with your shoulders pulled back for two full minutes.

Now try to figure out different muscles to use while doing your favorite activities.

A Time to Exercise by David Hubler MD

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