

Therapeutic exercise & walking

What it is

Regular activity, like walking, may help ease long-term pain and stiffness. It can also help your mood and sleep. Start slowly and add a little more over time.

Check with your provider before starting, especially if you have a heart or lung condition, recent surgery, osteoporosis, or are pregnant.

Start small, add a little each week



Brisk, easy walks



Gentle stretch

It may help with

- Low Back Pain
- Osteoarthritis
- Knee Arthritis
- Spinal Stenosis
- Fibromyalgia

Self-care tips

- Wear supportive shoes and walk on even ground at first.
- Split walking into two or three short walks if one long walk is too much.
- Use the “talk test”: you should be able to speak in full sentences.
- Count steps or minutes in a notebook or phone so you can see progress.

How to start

Warm up: 3–5 minutes, easy pace

Find your starting time: 5–10 minutes, “can talk easily” pace

Add a little each week: +1–2 minutes per week

Cool down and stretch: 2–3 minutes

When to call us

- Sharp pain that is worse during or after the activity and does not settle in a day or two
- New weakness, numbness or tingling in a leg or arm
- Fever, weight loss you cannot explain, or pain after a fall

Call 911 for chest pain, shortness of breath, fainting, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/holistic-care/exercise-walking/



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This handout is general information and is not a substitute for medical advice.