

Kids Get Arthritis, Too!



PHYSICAL EDUCATION ACTIVITY GUIDE

Date: _____

Student's Name: _____

School: _____

This student has juvenile idiopathic arthritis and requires the following modifications in the physical education activity program. This may change daily.

TYPES OF MOVEMENTS	OMIT	MILD*	MODERATE**	UNLIMITED
Bending				
Climbing				
Hanging				
Jumping				
Kicking				
Lifting				
Pulling				
Pushing				
Running				
Sitting on the floor				
Stretching				
Throwing				
Twisting				

EXERCISES THAT AFFECT THESE JOINTS	OMIT	MILD*	MODERATE**	UNLIMITED
Back				
Neck				
Shoulder				
Hand/wrist				
Knee				
Hip				
Ankle				

* Very little activity ** Half as much as the unlimited program

COMMON CALISTHENICS	OMIT	MILD*	MODERATE**	UNLIMITED
Chin-ups				
Push-ups				
Pull-ups				
Sit-ups				
Jumping jacks				
Squats				
Lunges				
Leg lifts				
Wall sits				
Toe touches				
Windmills				

COMMON ACTIVITIES	OMIT	MILD*	MODERATE**	UNLIMITED
Basketball				
Baseball/softball				
Dodgeball				
Rope climbing				
Jump rope				
Football				
Golf				
Square dancing				
Volleyball				
Swimming				

* Very little activity ** Half as much as the unlimited program

Remarks: _____

Recommended until _____, 20_____

If you have any questions, please contact: _____
