

Physical Activity Limitations for Certain Medical Conditions

CONDITION	LIMIT these activities:	DO MORE of these activities:
Arthritis of Hip or Knee	Weight-bearing activities: <ul style="list-style-type: none"> • Jogging • Stair climbing • High-impact aerobics Any high-repetition, high-resistance, or high-impact activity	<ul style="list-style-type: none"> • Chair exercises • Outdoor or stationary cycling • Swimming • Water aerobics, water walking • Elliptical machines • Rowing machines
Osteoporosis	Bending forward at the waist (sit-ups or stomach crunches)	<ul style="list-style-type: none"> • Strength training to help reduce bone loss and strengthen muscles
Low Back Pain	High impact activities that involve running or jumping	<ul style="list-style-type: none"> • Chair exercises • Walking • Slow jogging • Outdoor or stationary cycling • Swimming • Water aerobics, water walking • Elliptical machines • Rowing machines • Core-strengthening exercises
Lower Extremity Amputation	No limitations with proper prosthesis. Running, sprinting, and swimming will require special adaptations.	With proper prosthesis, no activities are limited. As you lose weight, your prosthesis may need to be adjusted.
Stroke or Spinal Cord Injury	Depends on ability level	Ask for a referral to a physical therapist or kinesiologist for an individualized activity plan.
Balance Problems	Activities that involve: <ul style="list-style-type: none"> • Unassisted walking • Outdoor cycling • Jumping or side-to-side motion 	<ul style="list-style-type: none"> • Chair exercises • Stationary cycling • Walking on treadmill with handrail • Other fitness machines with handles or grips • Water aerobics, water walking, lap swimming • Referral to exercise specialist for moderate to severe problems