

The **PACE** Program

Sponsored by The Arthritis Foundation

and **Shoreline Physical Therapy Services**

What is PACE ?

PACE (**P**eople with **A**rthritis **C**an **E**xercise) is an exercise program specifically for people with arthritis, osteoporosis, or any rheumatic disease or condition. PACE uses gentle activities to help increase joint flexibility and range of motion and to help maintain muscle strength. It also helps increase overall stamina.

Because there are many different types of arthritis and related conditions, levels of fitness, and degrees of limitation, two levels of PACE classes are available - basic and advanced. PACE provides participants with a fun exercise program that supplements, but does not replace, exercises prescribed by a doctor or therapist.

Who is Eligible?

We welcome anyone, with osteoporosis, any rheumatic disease, or any type of arthritis, under the consent of his/her physician. Participants must be able to either:

- walk independently
- walk with an assisting device (cane, walker etc.)
- or be able to transfer themselves to a straight backed chair from a wheelchair.

When and Where are the Classes?

Class Times

Tuesdays and Thursdays

Basic Class: 1PM to 2PM

Advanced class: 11AM to 12PM

Call 739-4497 for dates

Class Location

Shoreline Physical Therapy Services

131 Boston Post Road

East Lyme, CT 06333

739-4497

What Does it Cost?

\$80 total (includes 16 one hour classes)

How do I Register?

Complete the *Application Form* and have your doctor sign the *Physician Information Form*. Mail the forms, plus the fee to:

Shoreline Physical Therapy Services

PO Box 88

East Lyme, CT 06333

Please call 739-4497 with questions or to obtain necessary forms.

An Overview of PACE

PACE is a community based non-clinical program that involves group participation. While it includes activities designed to improve certain physical parameters, such as endurance and joint motion, the group exercise experience also encourages peer interaction and socialization.

PACE offers several advantages over generalized community exercise programs. It is designed specifically for persons with a rheumatic disease, arthritis, osteoporosis, or related musculoskeletal conditions, taking into consideration the pain, fatigue and decreased strength and motion that often accompanies such diseases. The program includes accommodations for individual limitations and does not encourage activities the might aggravate, rather than relieve, symptoms. In order to assure safe performance of the exercises, instruction about basic principles of exercise, correct body mechanics and joint protection is included.

The two levels of the program- Basic and Advanced- are designed for different levels of abilities.

Basic Program

The basic program is designed for individuals with arthritis, osteoporosis, rheumatic diseases, or related musculoskeletal conditions, who are limited by impaired joint motion and/or strength, and who currently are sedentary. The program would be appropriate for participants with moderate to severe joint involvement. The basic class often consists of people with rheumatoid arthritis, multiple joint osteoarthritis, back problems, and those who are generally deconditioned. Persons with very mild disease, minimal joint involvement, or an active daily routine might not find the basic program sufficiently challenging.

Advanced Program

The advanced program is designed for individuals whose arthritis, rheumatic disease, or musculoskeletal condition is primarily characterized by diffuse muscle pain, decreased muscle strength, and fatigue. The program would be appropriate for participants with mild to moderate joint involvement. An advanced class often consists of people with mild joint involvement and/or problems with fatigue, such as lupus or fibromyalgia. Participants must be ambulatory and able to descend and arise from the floor unassisted. Some generalized muscle soreness or some feeling of being tired from increased activity may be expected.

Program Content

- Range- of - motion exercises
- Strengthening exercises
- Endurance activities
- Weight-bearing activities
- Balance and coordination activities
- Posture and body mechanics training
- Body awareness activities
- Breathing exercises
- Relaxation techniques
- Health education
- Practical tips
- Games/special activities
- Activities to promote self-care