

## 4 MOVEMENT BASED WAYS TO GET RID OF POST VIRAL JOINT PAIN

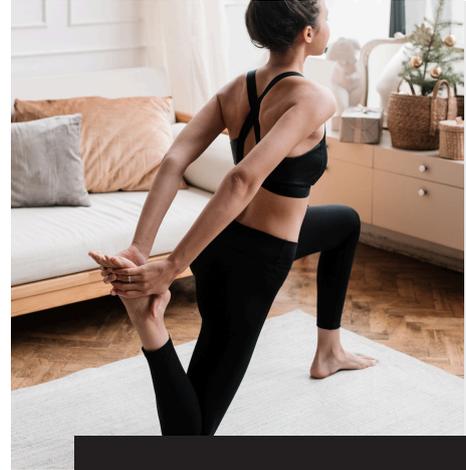
Dealing with post-viral joint pain after suffering from dengue, malaria, etc can be challenging, but incorporating certain movement-based strategies may help alleviate discomfort. Here are four approaches you might find beneficial:

### 1) GENERAL STRECHING:

Incorporate regular, gentle stretching exercises to improve flexibility and reduce stiffness in the joints. Focus on stretches that target the affected areas, but avoid overextending or causing additional pain.

### 2) LOW-IMPACT AEROBIC EXERCISE:

Engage in low-impact activities like walking, swimming, or cycling.



### 3) STRENGTH TRAINING:

Incorporate strength training exercises using light weights or resistance bands. Building muscle around the joints can provide better support and reduce strain.

### 4) YOGA:

Practicing yoga can be highly effective for managing post-viral joint pain. Yoga incorporates gentle stretching, strengthening, and balance exercises, which can help increase flexibility, reduce stiffness, and improve joint function. Poses and movements can be modified to suit your comfort level and target specific areas of discomfort.

Consult a physiotherapist for a tailor-made exercise program.



# 3 WAYS TO INCORPORATE MORE PROTEIN IN YOUR DIET



Adding more protein to your diet is essential for maintaining overall health and well-being. Integrating sufficient protein can help balance nutrition, improve recovery, and support a healthy, active lifestyle.

Here are 3 ways to add protein to your diets:

## 1) INCLUDE LEGUMES AND PULSES

Add dals (like toor dal, chana dal, or masoor dal), chickpeas (chole), and kidney beans (rajma) to your meals.



## 2) INCORPORATE PANEER AND DAIRY

Use paneer in curries, parathas, or as a snack, and consume high-protein dairy products like curd or Greek yogurt.



## 3) SNACK ON NUTS AND SEEDS:

Eat almonds, walnuts, sunflower seeds, or chia seeds as snacks or add them to dishes like upma or salads.



# 2 WAYS TO IMPROVE HIP MOBILITY



Are you someone who cannot sit cross legged? Lack of hip mobility may be one of the reasons for this.

Check out these two ways to improve your hip mobility-

## 1) STRETCHING:

Incorporate exercises like the 90/90 stretch or hip CARs (controlled articular rotations). The 90/90 stretch involves sitting with one leg in front of you bent at 90 degrees and the other leg behind you also bent at 90 degrees. Lean forward to stretch the front leg and rotate your torso towards the back leg. For hip CARs, perform slow, controlled circles with your hip while seated or lying down to improve joint articulation.



## 2) MOBILITY FLOW SEQUENCES:

Combine multiple hip mobility exercises into a fluid sequence, such as transitioning from a deep squat to a lunge position and then to a standing hamstring stretch. This helps integrate different ranges of motion and improve overall hip mobility.

# 1 WONDERING HOW TO DEADLIFT BETTER? HERE'S ONE TIP

Work on hinging your hips first. Stand in front of a wall. Practice the hip hinge movement by pushing your hips back to touch the wall while keeping your back straight. Make sure the knees move minimally.

