



Arthritis NZ
Mateponapona
Aotearoa

Living well with arthritis

Ngā mahi kori wai mō te mateponapona

Ngā koringa māmā e taea ana e koe ki tō puna kaukau ā-hapori

He aha e kori ai ki te wai?



Ka taunakitia tō tinana ki te wai, ā, kāore e kaha taumaha ō pona māmā, waihoki, mā te mātotoru o te wai e whanake ai te kaha, te pīngore, me te tū tautika

Kia āta tīmata

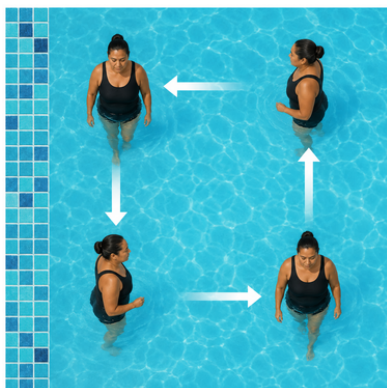


- Kia 10-20 meneti i te tīmatanga.
- Kia āta haere.
- He pai ake te wai mahana mō ngā pona whakaioio.

1 Te hīkoi wai

Me hīkoi whakamua, whakamuri, whakatetaha ki roto i te wai kei tō uma te hōhonu

Whakamātauria:
Kia 10 ngā hīkoitanga ki ia ahunga



- ✓ Kia pai te nekeneke
- ✓ Kia māia ake
- ✓ Kia ngohengohe ngā uaua
- ✓ He āwhina ki te tū tautika

2 He toro rekereke

Whātorohia tō rekereke i a koe ka whakapiko i te turi o te waewae e tū ana koe. Me hohoko ngā waewae.

Toaitia: Kia 10-15 ki ia taha.



Aronga: Hope, turi me ngā pungapunga

3 Te Hoiho Pīoioi

Ko tētahi waewae kei paku whakamua i tētahi. Kia pīoioi whakamua, whakamuri hoki ki ō waewae e rua.

Toaitia: kia 10-15 ngā wā.



- ✓ Kia pai ake te tū tautika
- ✓ Kia māia ake tō hīkoi
- ✓ Kia kaha ake ngā waewae
- ✓ He whakamarohi kia nekeneke tonu ai koe

4 Noho Hītengitengi

Kia wehe ō waewae ki tō te whānui o ōu hope.

Kia āta piko ō turi, ka tū anō ai.

Toaitia: Kia 10-15 ngā wā.



Hei whakakaha i ngā pungapunga, me ngā takapūi.



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5 Te Hiki Takapū

Kia hītengitengi
tō tū, ka āta
heke anō ai.

Toaitia: Kia 10-15
ngā wā.



- ✓ Hei whakakaha i ngā pungapunga,
me ngā takapūi.

6 Te Whakawhena Hope me te Turi

Hīkina tētahi
turi ki tō te hope
teitei.

Kia āta heke
anō.

Me hohoko ngā
waewe.

Toaitia: Kia 10-
15 ki ia taha.



Aronga: Hope, turi me ngā pungapunga

7 Te Hiki Pokohiwi

Hīkina whaka-
te-muatia,
whaka-te-
tatahia rānei ō
ringa mā roto i
te wai.

Kia āta heke
anō.

Kia 10-15 ngā
wā.



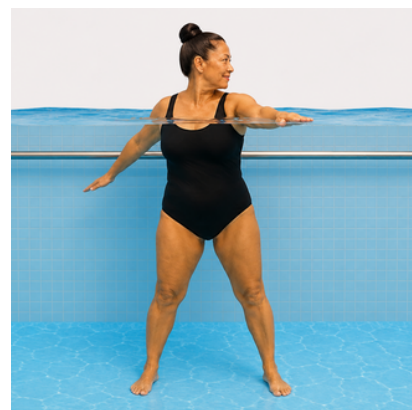
- ✓ He rawe mō te nekeneke o ngā pokohiwi.

8 Te Huringa Tinana

Kia tiketike tō
tū, ko ō ringa ki
runga o te wai.

Kia āta huri ō
pokohiwi mai i
tētahi taha ki
tētahi taha.

Toaitia: Kia 10
ngā wā ki ia
taha.



- ✓ Hei whakapakari i te nekeneke o te tuaiwi

Me mutu ki...



Kia āta hīkoi,
huri noa i te
puna, kia 2-3
meneti te roa, ka
puta ai koe.



Me whakarongo koe ki tō tinana

He rerekē te mateponapona o ngā tāngata katoa. He pai pea
kia ngenge ngā uaua, engari anō te māmae kikino. Ehara i te
mea, me māmae kē atu, me pupuhi rānei ō pona i muri mai i
ngā mahi kori.

Ki te kaha kē atu te māmae, neke atu i te 24 hāora, me heke
te kaha, te roa rānei o ngā mahi.
Kia āta haere koe. He mea nui te kori, iti mai, nui mai.



References

Darlow B, Perry M, Chapple C (2013)

Water based exercise for people with arthritis. University of Otago and Arthritis NZ.

He mea whakamāori e Clayton Cook