

Questions to Answer and Share with Your Health and Exercise Professional

BEFORE meeting with your health and exercise professional, write down your answers to the following questions and share with them in advance if able!

Name:

Date:

- What are your goals for muscle strengthening and why is that important to you? (e.g., I want to start muscle strengthening once/week to make sure I can lift my kids/grandkids!)

- Currently, what and how much are you doing to strengthen your muscles? (If it's none, that's okay!)

- What kind of access to equipment do you have to do muscle strengthening exercise either at home or at a gym, if any (e.g., resistance bands, machines, household items like books in a backpack or cans used for weights, adaptive devices like splints)?

- What are some challenges that you see getting in the way of you being able to do muscle strengthening exercise regularly (e.g., access to equipment/facilities, scheduling, feeling safe/comfortable to exercise)?

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- How would you prefer to do your muscle strengthening exercise (e.g., would like to go with a friend, use machines, work out from the comfort of your home, have supervision, etc.)?
- What are usual flares like? (How long do they last, which joints are worst, what is the type of pain, is there swelling/stiffness?) What do you do to help manage your flares? What time and which days are best for you to do your exercises (When is your medication the most effective or your symptoms the least severe?)
- Has your healthcare team told you about any health conditions or things you should consider before exercising (for example, uncontrolled symptoms of heart, lung, kidney diseases)?
 - Conditions that might require special consideration when exercising (e.g., deformity, instability, fusion, osteoporosis, tendinopathy, joints that should be protected, etc.)?
 - Medications and impact on symptoms related to exercise (e.g., changes near infusion dates)?
 - Any important information related to your function or pain?
- Anything else you'd like to share?