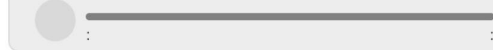


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Updated on November 4, 2025

5 Low Impact Exercises To Help You Get Moving Again

Low impact exercise options and orthopaedic-led plans to rebuild mobility safely.

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A Gentle Start: Why Low Impact Movement Matters

We know staying active matters for overall health, but joint pain, recent injuries, and life changes can make starting—or restarting—exercise feel overwhelming. Our team at **Summit Orthopaedics** focuses on safe, effective movement that protects joints while rebuilding strength and confidence. Rather than handing you a do-it-yourself routine, we evaluate your needs, design a personalized plan, and guide you through progressions that respect your limits. When patients come to us worried that exercise will hurt, we listen first, then prescribe medically informed options like **orthopaedic evaluation**, **physical therapy**, or **aquatic therapy** to get them moving again.

We recommend low impact exercise because it reduces load on sensitive joints while still improving cardiovascular health, mobility, and mood. These options are excellent entry points for people recovering from surgery, living with arthritis, or managing extra body weight—situations where high-impact workouts can be risky. Below, we highlight five approachable activities and explain how our clinicians support each one with structured programs, clinical oversight, and outcomes-focused care. If anything here resonates, reach out—our team will put a tailored plan together and supervise every step.

Swimming: The Joint-Friendly Full-Body Option

Swimming offers buoyancy that takes weight off painful joints while allowing us to build endurance and muscle safely. At **Summit Orthopaedics**, we incorporate **aquatic therapy** into many post-op and arthritis care plans because water supports movement and reduces pain during exercise. Our therapists can design **water-based sessions** that match recovery goals, whether patients need gentle range-of-motion work, endurance building, or progressive resistance training using water equipment.

Rather than telling patients to "try swimming on your own," we assess their shoulder, hip, or back limitations and provide modifications or supervised sessions when needed. Our aquatic programs also integrate cardiovascular monitoring and technique cues to maximize benefit without risking flare-ups. For anyone hesitant about the pool, we offer an initial consultation to review safety, pool accessibility, and how aquatic exercise fits into a broader rehab plan.

Cycling: Low-Impact Cardio With Real Strength Gains

Cycling is a go-to low impact exercise because the bike supports body weight while still challenging the heart and leg muscles. We use stationary bikes in clinic-based programs for controlled cardiovascular work and to progress intensity safely under clinician supervision. For outdoor cyclists, our team offers **bike-fit assessments** and recommendations to reduce joint strain and improve posture so rides feel better and safer.



When patients need a structured program, our physical therapists prescribe interval plans, monitor knee and hip responses, and adjust resistance to match recovery stages. We combine cycling with strength training and flexibility work to support joint mechanics and reduce recurrence of symptoms. If balance or endurance is limited, we start with short, supervised sessions and move patients forward as their tolerance improves.

Rowing: Full-Body Conditioning Without Heavy Joint Load

Rowing provides an efficient full-body workout that spreads effort across the legs, core, and upper body, making it a strong low impact option for many people. In our clinic, we use ergometers to control workload precisely and to monitor cardiovascular response, which helps patients with cardiac or pulmonary considerations exercise safely. Our clinicians coach proper technique to protect the lower back and shoulders, and we never push beyond what a patient's rehabilitation plan allows.

For individuals recovering from injury, rowing can be introduced gradually and paired with targeted strengthening to shore up weak muscle groups. We track progress with objective measures—like duration, resistance, and cadence—so adjustments are evidence-based and transparent. Because rowing demands coordinated motion, it's also useful in restoring functional strength that's relevant to daily activities.

Walking: Accessible, Progressive, And Clinically Guided

Walking is the most accessible form of exercise, and when it's prescribed with clinical oversight, it becomes a powerful tool for rehabilitation and conditioning. Our team uses gait analysis and **orthotic consultations** to identify inefficiencies and recommend supports that reduce pain during walking. We build progressive walking plans that increase distance or pace slowly, ensuring patients gain cardiovascular benefit without irritating joints or soft tissues.

We encourage purposeful walking as part of a comprehensive plan—not a standalone quick fix—because small, consistent improvements compound over time. For example, when walking is paired with **supervised strengthening** and flexibility work, patients commonly report less pain, better endurance, and improved daily function. If weather or accessibility is an issue, we arrange alternative clinic-based options, such as treadmill sessions, that mimic outdoor walking under safe conditions.

Yoga: Therapeutic Mobility And Controlled Strengthening

Yoga can be an effective low impact approach when adapted by clinicians who understand injury and joint limitations. Our therapists and partnered instructors tailor **therapeutic yoga** sessions to focus on mobility, breath control, and safe strengthening—not advanced poses. We steer patients toward modified sequences that protect vulnerable joints and support gradual gains in flexibility and core strength.

Instead of generic online videos, our team integrates yoga-based movements into individualized treatment plans when appropriate, emphasizing posture, alignment, and pain-free ranges of motion. This clinical framing helps patients gain the calming and metabolic benefits of yoga while keeping safety front and center. We also coordinate with local studios and instructors when patients are ready for community classes, ensuring a smooth and supported transition.

How We Support You Every Step Of The Way

We don't expect patients to navigate recovery alone—our role is to evaluate, prescribe, and supervise movement that advances health without unnecessary risk. Services we commonly provide include **comprehensive orthopaedic exams**, **personalized physical therapy programs**, **aquatic therapy sessions**, and **rehabilitation monitoring** to measure outcomes and adjust care. Our multidisciplinary model brings surgeons, physical therapists, and exercise specialists together so patients get a cohesive plan rather than disconnected advice.

When someone is unsure which low impact option fits them best, we start with a thorough assessment and functional testing to identify limitations and goals. From there, we create a stepwise program with clear milestones, clinical oversight, and the right supports—like bracing, orthotics, or supervised equipment sessions—so progress is steady and safe. We also handle referrals, insurance coordination, and follow-up so patients can focus on recovery, not paperwork.

Getting Moving Again With Summit Orthopaedics

If joint pain, recent surgery, or health changes have made exercise feel risky, let's make movement safe and effective together. Our team will review your history, assess movement, and recommend a blend of **orthopaedic care** and **therapeutic exercise** that meets your goals without overloading vulnerable tissues. Reach out to schedule an evaluation—we'll design a low impact plan and guide you every step of the way so you can regain mobility with confidence.

Related Questions

Are low impact exercises safe after joint replacement?

Yes—many low impact activities are not only safe but recommended after joint replacement; we'll assess timing and intensity for each patient.

Do you offer aquatic therapy programs at Summit Orthopaedics?

Yes—we provide clinician-led **aquatic therapy** as part of post-op and arthritis care plans.

Will my insurance cover physical therapy or aquatic sessions?



Coverage varies; our team assists with benefits verification and can help you understand likely out-of-pocket costs.

How soon after an injury can I start a low impact exercise program?

Timing depends on the diagnosis; we base recommendations on a clinical exam and imaging when needed to ensure safety.

Related FAQs



Need more information?

Our team is ready to answer your specific questions and concerns

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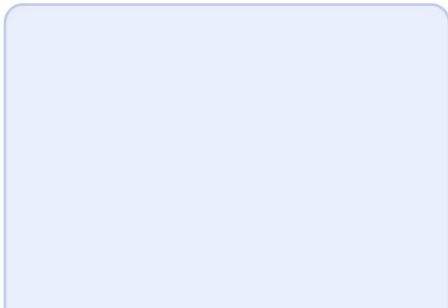
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