

## What is Osteoarthritis (OA)?

Osteoarthritis (OA) is a condition in which joint inflammation leads to the deterioration of the joint cartilage. This typically presents as pain and stiffness in a joint. As we avoid painful activities, we can lose muscle size and strength, as well as range of motion of the joint. Overall this can lead to a decline in our mobility and independence.

This group aims to reduce pain and improve physical function through weekly supervised exercise sessions, tailored home exercise programs and education sessions, delivered by Physiotherapists and Exercise Physiologists who can help you manage your OA better.



## Are there other ways to help with OA in Swan Hill?

Yes, if you want to try different exercise groups you can talk to your Physiotherapist or Exercise Physiologist during your exercise classes. Gym, Hydrotherapy, Tai Chi, and Nordic Walking are some other options just to name a few.

### COST:

There is no cost for this service

### FOR MORE INFORMATION CONTACT:

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Scan here to self-refer



## Osteoarthritis Group

Friday 1pm

## What about Surgery?

If you are planning to have a total knee or hip replacement, this group is great for you too! Completing exercise (like OA Group) prior to surgery can strengthen the surrounding tissues such as muscles, tendons and ligaments. In doing so, these tissues are already stronger when it comes to rehabilitation after surgery.

As your tissues become stronger over time, you might find that your joint begins to be less painful while you await surgery. You can either be in the group as a way of managing your joint pain conservatively, or it can be a great way of preparing for your surgery!



## Timeline of OA Group at SHDH

- Initial Assessment completed by a Physiotherapist (PT) or Exercise Physiologist (EP).
- 8 weeks of supervised exercise therapy in the Community Rehabilitation Centre with a PT and EP.
- Prescription of an individualised home exercise program.
- Post assessment completed at the end of 8-week program, to measure the change in pain and movement and to ensure you have reached your goals.

## Why do the OA group for 8 weeks?

Any exercise program takes around 4-6 weeks to show improvements in strength and function. Completing 8-weeks of the program allows time for our tissues to adapt to the stimulus of exercise.

## How can I exercise with a painful joint?

Good question! Your muscles might be deconditioned, which means your joint can get sore from a bit of exercise. This is why you need to consider how to limit your pain while you exercise. Your Physio and Exercise Physiologist are here to help.

Some things we like to focus on are appropriate exercises specific to your joint pain, completing a manageable amount of activity, changes in technique, resting when needed, and taking medications as prescribed. Ask your Physio or Exercise Physiologist if you have any questions about limiting pain.

## What should I bring/wear?

Please wear comfortable clothing, footwear safe for exercise and bring a water bottle.

