

Suffering from knee or hip arthritis?

We have a proven physiotherapy programme which can help

“The most recent international clinical recommendations for treating osteoarthritis is a combination of patient education, exercise, and weight-loss”



So Why Join?

General exercise, such as aerobic training, and local exercise (such as strength training) show positive effects in terms of reduced pain and improved physical function. Osteoarthritis (OA) is the most prevalent lifestyle condition in people 65 years and older, but can also affect people as young as 30 years of age. Unfortunately a surgical approach is very common in Australia. Our classes offer a safe and non-invasive alternative.

You do not need a GP referral to participate in our class, but other health-related issues may prevent you from participating. If you are unsure of your medical health, a visit to your GP is recommended before you commence.

6 Proven Benefits of this Program:

1. An average pain reduction of 36%
2. Reduced use of pain medications
3. Change in perception about need for surgery
4. Clinically meaningful improvement in joint confidence
5. Improves strength in the legs especially around the hip and knee
6. Proven to increase physical activity levels 12 months after the program

Program Structure:

- Initial assessment
- Education session
- 6 x supervised group exercise sessions
- Follow up after program ceases

What's the Cost?

The program costs a total of \$365, with Private Health rebates available. You also walk away with a resource pack including:

- 2 information booklets:
 - “Osteoarthritis Information”
 - “Exercise Booklet”
- 4 coloured exercise resistance bands (red, green, blue, and black) for home-based strengthening exercises.

If you think this program could benefit you, get in contact with us.

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