

Physio News

november 2011

Welcome to our e-newsletter

Inside this issue:

Arthritis

How physio can help

Hours

Mon – Fri

8.30-4.30

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Special points of interest:

- Bounceback classes commence Feb. 2012
- Actively Ageing classes Commence Nov 2011
- Call us for details

Arthritis

Arthritis is a group of Musculoskeletal Conditions in which there is wearing and inflammation of the joints, causing chronic pain and swelling. Stiffness, disability and deformity can also occur.

Arthritis and musculoskeletal conditions are a major cause of pain and disability, affecting around 6.1 million Australians.

Arthritis can be disabling due to restricted mobility from severe joint pain. Arthritis can result from injury, infection, wear, degeneration and autoimmunity. Two most common types of Arthritis are Osteoarthritis and Rheumatoid arthritis.

What we can do for you

Treatment of Arthritis is very important to physiotherapists. Before any action is taken, our physiotherapist will assess your condition, diagnose the problem and help you understand what is wrong. We then develop a treatment plan that takes into account your lifestyle, leisure activities and general health. Educating you about your condition is very important. We teach you how to manage your pain, improve your mobility and reduce some factors that may contribute to your condition. We use modalities like joint mobilisation, electrotherapy and strengthening exercises. Regular, moderate exercise offers many benefits for people with arthritis. Weight bearing exercise helps maintain bone mass, balance exercises help in reducing falls, correct strengthening exercises help support joints and the spine. We provide realistic advice to encourage you to manage your condition and improve your confidence in your abilities. Our Actively Ageing and Bounceback classes are excellent supervised exercise programs.