



Exercise and arthritis and musculoskeletal conditions

Arthritis is a group of musculoskeletal conditions in which there is wearing and inflammation of the joints, causing chronic pain, swelling, stiffness, disability and sometimes deformity.



Regular, moderate exercise aids in the prevention of musculoskeletal conditions and offers a host of benefits to people with arthritis and osteoporosis. Exercise can reduce joint pain and stiffness, builds strong muscle around the joints, and increases flexibility and endurance.

Weight-bearing exercise assists in the maintenance of bone mass. Therefore, regular exercise such as walking, jogging, Clinical Pilates, tennis or bowls, is recommended to help in the prevention of osteoporosis.

The highly skilled physiotherapists at North East Physiotherapy can design personalised exercise programs such as Clinical Pilates programs, Aquatic Physiotherapy programs or strength programs to increase your patients' physical activity and functional level, without aggravating any co-existing problems. We also provide realistic advice to encourage self-management and build self-



confidence to allow your patients to make decisions in coping with their condition.



The treatment of arthritis and musculoskeletal conditions is a core function of physiotherapy practice.

Musculoskeletal conditions

Arthritis and musculoskeletal conditions are a major cause of pain and disability, affecting around 6.1 million Australians. However, effective treatment and management can reduce the effects of these conditions, and there is also potential for prevention.

Arthritis can be disabling because of restricted mobility from severe joint pain. Arthritis can result from injury, infection, accumulated wear, degenerative changes, metabolic disturbances, autoimmunity or other causes.





The role of physiotherapy

The treatment of arthritis and musculoskeletal conditions is a core function of physiotherapy practice.

Patients with arthritis may benefit from joint mobilisation, electrotherapy, Aquatic Physiotherapy, muscle strengthening exercises or Clinical Pilates exercises.

Physiotherapy can reduce arthritic pain and reliance on drug therapy. Physiotherapy has no side effects and no contraindications.

Musculoskeletal physiotherapy encompasses the majority of work done in private practice.

Physiotherapists treat back and neck pain, muscle strains, spasms and contusions, joint injuries,



tendinitis and bursitis, and muscle imbalances and weakness.

Physiotherapy modalities are critical to the treatment and management of people with disabilities that have musculoskeletal elements. Quality of life is improved by therapy, education and prescription of aids (eg. walking stick). The physiotherapists at North East Physiotherapy teach people with disabilities how to best manage their condition.

Prevention, management and treatment of arthritis and musculoskeletal conditions

Although arthritis is a chronic disease and there is no known cure, treatments and management techniques can help control the reduce the effects of the condition and prevent further deterioration.

There are a number of ways of reducing the risk of the onset of arthritis and musculoskeletal conditions:

- Avoiding joint injury
- Avoiding vitamin D deficiency
- Adopting healthy lifestyle behaviours
 - * Healthy weight
 - * Healthy eating
 - * Regular physical activity
 - * Avoiding tobacco use
 - * Falls and falls injuries prevention strategies.

Consider referring your patients with arthritis or other musculoskeletal conditions to North East Physiotherapy, for professional physiotherapy management of musculoskeletal conditions.

