

## Managing Osteoarthritis via Exercise and Education

This group aims to;

- Improve your understanding of Osteoarthritis - risk factors, symptoms and treatment
- Help you manage your Osteoarthritis without surgery
- Develop an exercise program aimed at improving your pain and function

### What is Osteoarthritis?

Osteoarthritis is a condition that affects the whole joint, including bone, cartilage, ligaments and muscles. It is a condition that may fluctuate over time and is characterized by symptoms of pain, mobility impairment, function/participation impairment and reduced quality of life.

Current national and international clinical guidelines strongly recommend patient education, exercise and weight loss as first line treatment for hip and knee osteoarthritis (with surgery only as required).

### Who can participate in the OA group?

- Individuals with diagnosed hip and/or knee osteoarthritis
- Ask your GP or Bendigo Health clinician for a referral

### Who cannot participate in the OA group?

- Individuals who have other reasons for their hip and/or knee pain
- Individuals who have symptoms that are more prominent than their osteoarthritis

### What does the group involve?

- Assessment of your level of pain and function at the beginning and end of the program
- Four 30 minute education sessions teaching you about osteoarthritis
- 60 minute exercise training sessions twice a week for eight weeks to improve muscle strength and control of the joint.
- The sessions are supervised by a physiotherapist

## Where and when is the group run?

- Participants complete the program at either our Eaglehawk (SCCRC) or Bendigo (JLB) campus

Stewart Cowen Community Rehabilitation Centre – 1 Market St Eaglehawk, Bendigo	
Monday	Thursday
10:00am – 11:00am <b>or</b>	09:30am – 10:30am <b>or</b>
11:30am – 12:30pm	10:30am – 11:30am
John Lindell Rehabilitation Unit – Gate 1, Mercy St, Bendigo	
Monday 4:00pm - 5:00pm	Wednesday 4:00pm – 5:00pm

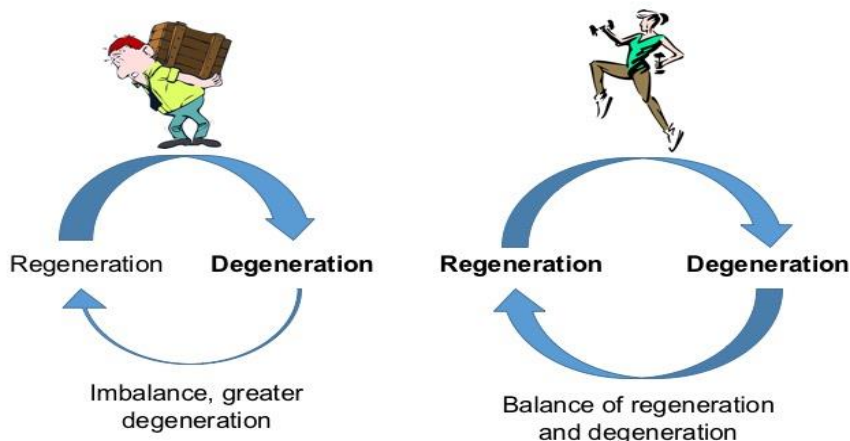
- All Education sessions are on Monday 11:00am for SCCRC participants, or 3:30pm for JLB participants.
- Each participant is offered an **eight week course**. This consists of **sixteen exercise sessions** and **four education sessions** over eight weeks in total.

## What do I bring?

- Wear comfortable clothes and sneakers.
- Bring a water bottle and small towel
- Please bring any prescribed medication for respiratory or cardiac conditions (e.g. relievers)

## How much will the group cost?

- Each session will cost \$6. This covers both the exercise class and the education session.



## References

- Victorian Musculoskeletal Clinical Leadership Group (2018): Victorian Model of Care for Osteoarthritis of the Hip and Knee. Melbourne: MOVE, muscle, bone and joint health.

### Contact

Musculoskeletal Team Leader or Triage Clinician  
Outpatient Rehabilitation Services, Bendigo Health.  
Ph: 5454 8500 (Press 1)

Physiotherapy / Exercise Physiology Staff  
Stewart Cowen Community Rehabilitation Centre,  
Bendigo Health.  
Ph: 5454 6333