

# Joint Health Programme

## Community MSK Physiotherapy Patient Information Leaflet

### What is the Joint Health Programme?

It is a six-week group education and exercise programme specifically designed to help you manage your knee and/or hip osteoarthritis better.

The programme aims to enhance your understanding of your condition, provide you with practical self-help methods and emphasise the importance of a progressive exercise program as a safe and effective self-management strategy to alleviate pain, enhance physical function, boost self-confidence and regain a sense of control over challenges.

### What is the benefit of the programme?

After completing the programme, you may have improved quality of life and you may be able to perform daily activities better. It will also help you to manage your symptoms better and enable you to be more active and understand more about the condition and what you can do to help in the long-term.

### How will exercise help me?

Exercise can help maintain your joint health, increase your muscle strength and improve your general health and fitness.

Research has shown that people with joint pain and stiffness experience a reduction in their symptoms if they start to become more active. Other benefits of being active are reduced anxiety, a greater sense of wellbeing, better sleeping patterns, weight reduction and feeling more in control of your joint problems.

Exercise is recommended in managing knee/hip osteoarthritis by The National Institute for Health and Care Excellence (NICE) and supported by scientific research.

## **What are the risks and side effects?**

Exercise-related injuries are uncommon. It is normal to feel mild discomfort whilst exercising and some soreness or aches in your muscles after exercise, especially if you are just getting started. Let your clinicians know if your symptoms continue to worsen.

## **What are the alternatives?**

This exercise programme has been recommended by your physiotherapist for your condition. However, there may be alternatives suitable for you. Please ask your physiotherapist for more information about what may be suitable for you.

## **What activities will I be expected to do?**

- 45 minutes of exercises personalised to each individual's needs and abilities. Exercises are performed in a gym setting with the use of different equipment under a clinician's supervision. The majority of the exercises will focus on increasing muscle strength which might involve using weight.
- 15 minutes of physiotherapist-led education and group discussion on different topics of osteoarthritis management.

## **Where and when will it be?**

- Crystal Leisure Centre, Bell Street, Stourbridge, DY8 1AE
- Monday or Thursday (except Bank Holidays), 12pm - 1pm
- No parking is available at the Crystal Leisure Centre, but free parking is available at a nearby supermarket or there is street parking around the leisure centre.

## How to prepare for the programme?

- Attend all (six) sessions of the programme (minimum of five).
- Arrive promptly for the class and wait outside the gym entrance.
- You will also be asked to complete questionnaires at the first session and at the end of the programme.
- Wear clothes that you can exercise in and bring a water bottle and any reading glasses. Lockers require a £1 coin that is refundable.

## Additional information

- [Exercising with arthritis - Versus Arthritis.org](http://www.versusarthritis.org)

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Community MSK Assessment and Physiotherapy Service (CMAPS)

Brierley Hill Health and Social Care Centre

Tel: 01384 321605

Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://dgft.nhs.uk/services-and-wards/cmaps/>

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

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Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

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Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

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