

## Menai Dist. Physiotherapy & Sports Injury Centre

### Exercise benefits Osteoarthritis

**Recent research, clinical guidelines and systematic reviews have consistently shown physiotherapy, including specific exercises to be effective in the management of knee osteoarthritis, as it reduces pain and improves physical function. Studies also confirm that specific exercise keeps joints mobile, improving cartilage health whilst maintaining muscle strength.**

Despite the most efficacious exercise regimen yet to be determined for the treatment of knee osteoarthritis, studies have shown that different modes of exercise appear to be equally effective, although home programs may be less successful for pain relief than supervised exercise sessions. Best results have been achieved when physiotherapy has been delivered individually or in small groups. This is where our practice can help!

We are able to prescribe individual or small group exercise programs to suit your patient's condition, focusing on controlling pain, increasing flexibility, and improving muscle strength and endurance. The physiotherapists in our practice can design appropriate program modifications so that the benefit of increased physical activity is achieved without aggravating the existing problem.

Further research has also shown that physiotherapy can prevent the onset of knee osteoarthritis and reduce the need for knee joint replacement surgery. Our practice can provide your patients with preventive physiotherapy exercises to counter both of these conditions.

A recent study has also shown high level evidence that therapeutic exercise was beneficial for patients across broad areas of physiotherapy practice, including people with conditions such as osteoarthritis of the knee. Therapeutic exercise was more likely to be effective if it was relatively intense and there were indications that more targeted and individualised exercise programs might be more beneficial than standardised programs. Reviews have concluded that there is strong evidence that therapeutic evidence can benefit people with osteoarthritis of the knee.

Let our trained professionals prescribe your patients with appropriate exercises, which research suggests lessens pain and increases function without accelerating the pathological process of osteoarthritis.

***If you would like to know more about our services, please feel free to contact us for further discussion.***

#### References

APA Physiotherapy Research Update 2002.

APA Position Statement – Physiotherapy in the management of arthritis and musculoskeletal conditions.  
[www.mydr.com.au](http://www.mydr.com.au).

APA Evidence-based Clinical Statement – Knee Joint Osteoarthritis.

Taylor, N.F., et al. 'Therapeutic exercise in physiotherapy practice is beneficial: a summary of systematic reviews 2002–2005' *Australian Journal of Physiotherapy*, 2007, Vol 53(1): 7-15.



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### Manage low back pain with physiotherapy

**A considerable body of clinical evidence confirms the benefits of physiotherapy in the management of low back pain, with interventions to reduce pain, improve physical function and assist in the prevention of back pain.**

Low back pain is one of the most common conditions with which patients present to a physiotherapist – and for good reason. Evidence-based research continues to assert the effectiveness of physiotherapy interventions in the management of both acute and chronic low back pain.

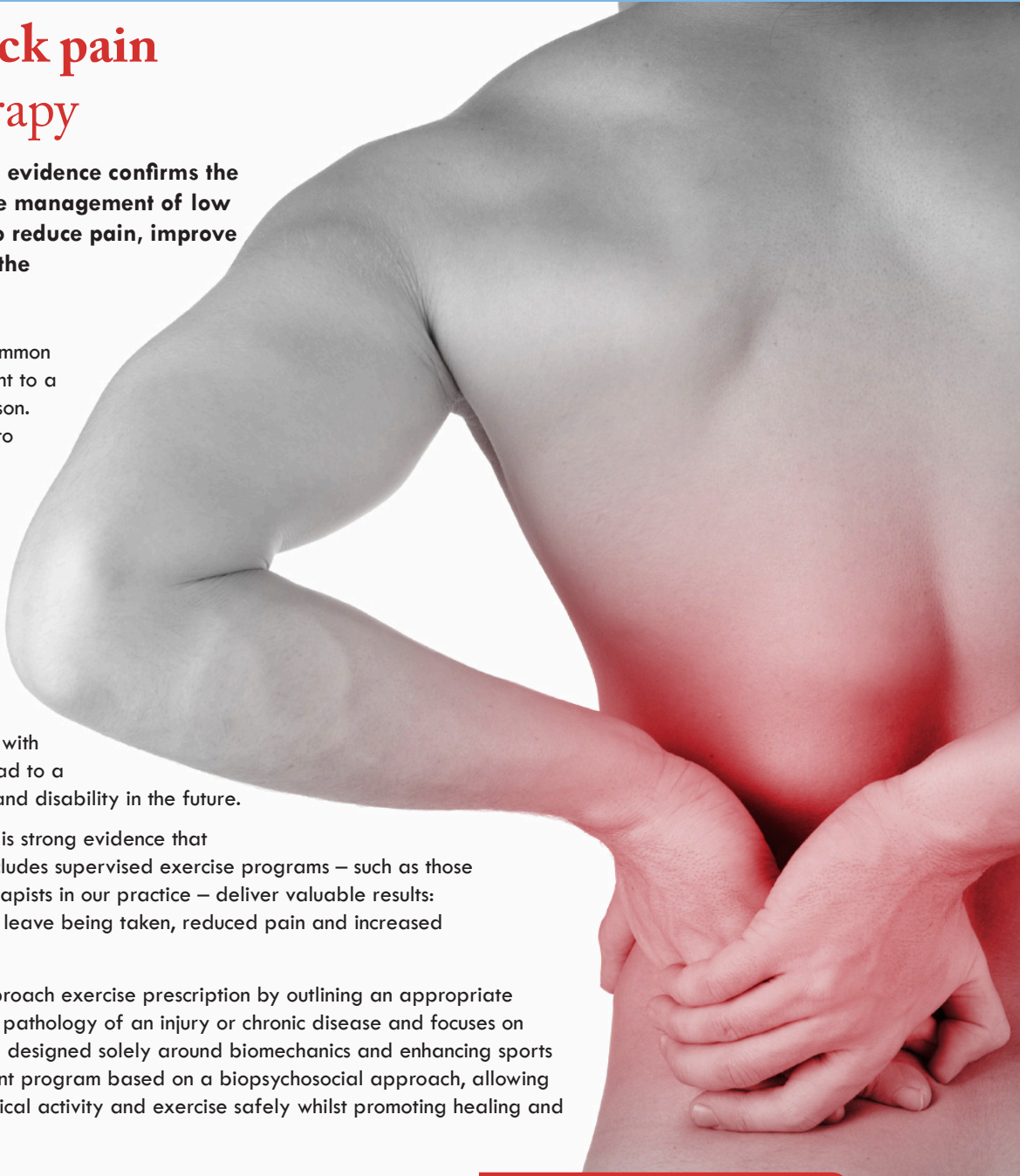
Considerable research shows that patients with more acute pain recover faster by remaining active and with light activity prescribed by a physiotherapist. While structured exercise may not be recommended early on for patients with acute pain, specific exercise may lead to a reduction in the recurrence of pain and disability in the future.

For patients with chronic pain there is strong evidence that physiotherapy management that includes supervised exercise programs – such as those prescribed by the skilled physiotherapists in our practice – deliver valuable results: faster return to work rates, less sick leave being taken, reduced pain and increased mobility.

Physiotherapists in our practice approach exercise prescription by outlining an appropriate exercise regimen that considers the pathology of an injury or chronic disease and focuses on functional outcomes. Unlike exercise designed solely around biomechanics and enhancing sports performance, we deliver a treatment program based on a biopsychosocial approach, allowing patients to return to long term physical activity and exercise safely whilst promoting healing and musculoskeletal conditioning.

Spinal manipulative therapy (SMT) is another physiotherapy intervention backed by scientific evidence. An analysis of clinical guidelines and systematic reviews reports that SMT improves clinical outcomes for acute and sub-acute low back pain especially within the first six weeks. However, SMT is typically not recommended as a first-line treatment for some presentations of chronic pain (for which there is stronger evidence for graded exercise interventions).

The physiotherapists in our practice integrate clinical expertise with evidence-based research, in the assessment and management of movement disorders. Let our trained staff help your patients with low back pain, with techniques to control pain, increase flexibility and mobility, and improve muscle strength and control. To enhance recovery and help prevent further injury, we can advise patients and prescribe a tailored exercise program to meet their individual lifestyle needs.



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