

INFORMATION FOR PARTICIPANTS



What is The Joint Movement?

Developed by the country's peak arthritis body Arthritis Australia with the support of leading experts, The Joint Movement® is an arthritis focused group exercise program designed to improve health outcomes for adults with (or at risk of developing) arthritis or other related conditions. The Joint Movement program options include: warm water exercise or strength exercise.

WHO SHOULD DO THE PROGRAM?

The Joint Movement exercise program is designed for anyone who has mild to moderate arthritis. Participants who have benefited from the program include individuals who:

- Are fearful exercise will exacerbate their arthritis.
- Want to learn how to exercise safely and effectively with arthritis.
- Need support and motivation to exercise.
- Would like to meet others with similar symptoms.
- Would like to improve their ability to perform daily activities, increase strength and flexibility, maintain bone health and improve mood.

HOW DOES THE EXERCISE PROGRAM WORK?

Participation in The Joint Movement® involves:

- An initial pre-exercise screening session with an Exercise Physiologist who will guide the selection of the most appropriate group exercise option.
- Attending twice weekly small group exercise sessions for an initial 10 weeks, delivered by qualified Joint Movement® Instructors who have completed a nationally accredited training course.
- A follow-up assessment with an Exercise Physiologist provides participants and referring GP with a Pain and function outcome report and advice on future Exercise options.

WHERE ARE THE PROGRAMS?

The Joint Movement programs are available in various locations throughout Australia. The program locations and provider details are updated regularly on the The Joint Movement website www.thejointmovement.org.au.

WHAT DO I WEAR TO THE EXERCISE PHYSIOLOGIST APPOINTMENT ?

Wear comfortable clothing and footwear that you can exercise in.

GET INVOLVED IN THREE EASY STEPS

1. Speak to your GP or phone Arthritis Australia on **1800 011 041**.
2. Attend a pre-exercise assessment to make sure you get the most benefit from exercise for your condition. (45-60 minutes).
3. Meet twice weekly with your local exercise group over a 10 week period.

WHAT ARE THE COSTS?

The cost will vary between locations.

Medicare rebates may be available for appointments with an exercise physiologist when participants are referred by their GP under a GP Management Plan.

Private health insurance companies may also offer rebates for appointments with an exercise physiologist.