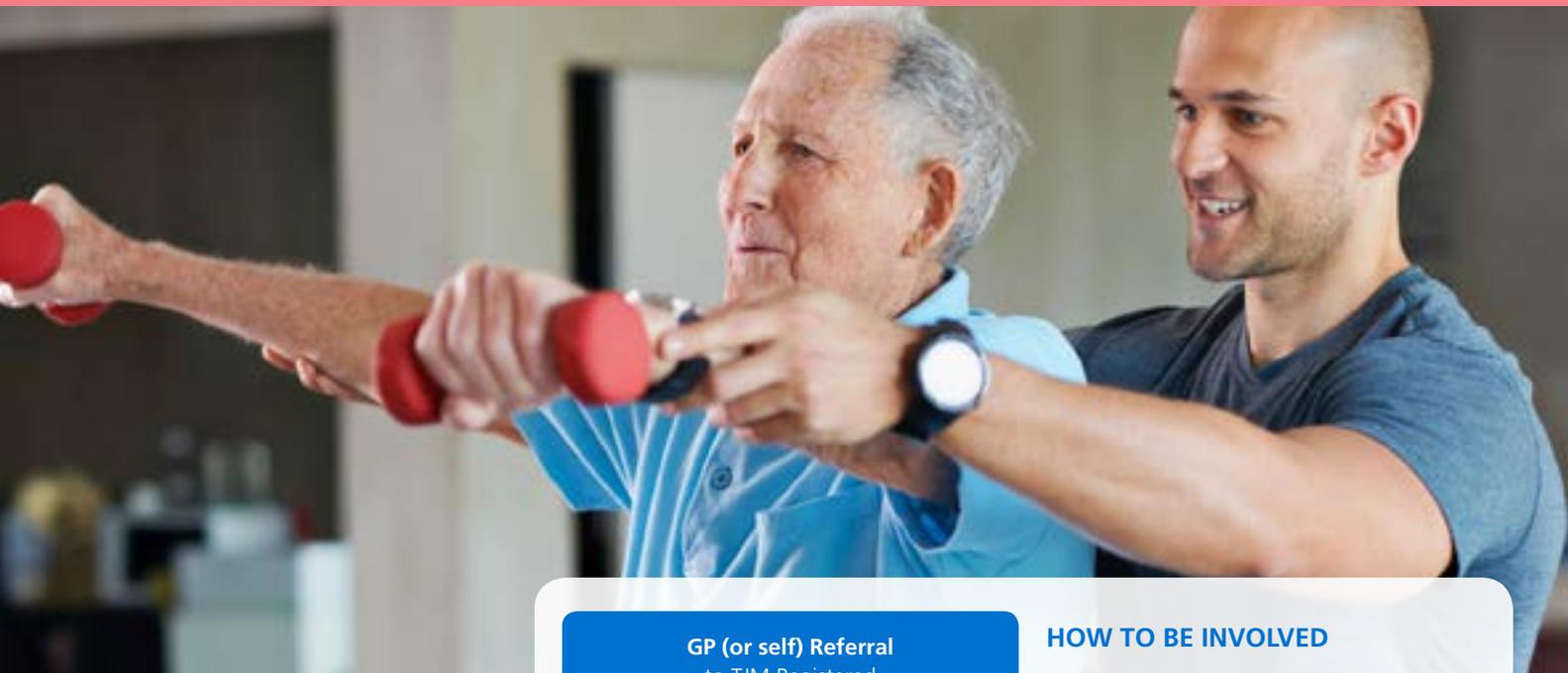


# INFORMATION FOR EXERCISE PHYSIOLOGISTS



## The Joint Movement®

Developed by the country's peak arthritis body Arthritis Australia with the support of leading health and fitness experts, The Joint Movement® (TJM) is an arthritis focussed group exercise program designed to improve health outcomes for people with arthritis or other related conditions.

### REFERRAL PATHWAYS

Referrals to TJM can be by GP or self-referral to an accredited exercise physiologist (AEP) registered with TJM.

All participants are required to attend a pre-exercise assessment with an AEP to identify individuals with contraindications to exercise, or at a higher risk of an adverse event during exercise. Baseline physical function tests, and a pain, disability and joint stiffness questionnaire are also completed.

Following the pre-exercise assessment, eligible participants are referred to group exercise classes led by a licenced Joint Movement leader twice weekly.

**GP (or self) Referral**  
to TJM Registered  
Accredited Exercise Physiologist (AEP)

#### Pre-Exercise Assessment

undertaken by TJM Registered AEP, including:  
Adult Pre-Exercise Screening System (APSS)  
WOMAC, Seniors Fitness Test  
referral to TJM Licenced Leader

#### TJM Group Exercise Classes

twice weekly (minimum 45 mins' duration)  
delivered by TJM Licenced Leader (Cert IV  
Fitness or higher)

#### Week 10 Assessment

undertaken by TJM Registered AEP, including:  
WOMAC, Seniors Fitness Test  
referral back to TJM Licenced Leader

Exercise professionals (Cert IV and above) must complete a nationally recognised and industry approved training to be licenced by Arthritis Australia to conduct TJM strength (land) or warm water group exercise classes.

Participants attend a follow up assessment with an AEP at week 10 to ascertain any improvement in pain levels and functional ability. An outcomes report is provided to the participant, their referring GP and TJM leader.

### HOW TO BE INVOLVED

#### Undertake Pre-exercise and Week 10 Assessments

AEPs who wish to conduct assessments must register with Arthritis Australia and complete an online tutorial to familiarise themselves with the assessment materials and the DiscoverQuick data management platform.

Information on how to register to become a Joint Movement assessor and online tutorials for DiscoverQuick are available at [www.thejointmovement.org.au](http://www.thejointmovement.org.au).

### WHY BE INVOLVED

- Be part of an innovative evidence based exercise program designed to improve health outcomes for the 1 in 5 Australians living with arthritis or related musculoskeletal conditions.
- Enhance your knowledge and understanding of arthritis and musculoskeletal conditions, and be part of a national network of medical, allied health and exercise professionals.
- Grow your own business by tapping into new referral pathways and enhance relationships with GPs, Arthritis Australia and exercise professionals.
- Inspire others to make a positive difference to their lives by becoming more active.

*The Australian Government has provided funding to support this project.*

#### More Information

Email: [info@thejointmovement.org.au](mailto:info@thejointmovement.org.au)

Visit: [www.thejointmovement.org.au](http://www.thejointmovement.org.au)

Call: 03 6228 4824