

# INFORMATION FOR GENERAL PRACTITIONERS



## 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 The Joint Movement® can be by general practitioner (GP) or by self-referral to a TJM registered exercise physiologist.

All participants will be required to undergo a pre-exercise assessment performed by an ESSA accredited exercise physiologist (AEP) registered with The Joint Movement®.

Following completion of the pre-exercise assessment, participants will be referred to a licensed Joint Movement® leader in their local area for group exercise classes (warm water or strength) appropriate to their needs.

**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

Participants will attend twice weekly group exercise sessions over a 10 week period, led by a specially trained and licensed Joint Movement Leader. Exercise physiologists, physiotherapists or exercise professionals (Cert IV and above) can be licensed by Arthritis Australia to conduct TJM classes.

A follow-up assessment at week 10 is administered by the AEP to ascertain the level of improvement in arthritis related symptoms, functional ability and perceived quality of life. Ongoing exercise participation is encouraged and assessment results are provided to the participant, exercise leader and referring GP where applicable.

### HOW TO BE INVOLVED

#### Become a referrer

All patients with stable and managed musculoskeletal conditions are eligible to participate in TJM exercise programs. Patients with private health insurance or on a General Practitioner Management Plan may be eligible for insurance/Medicare rebates for their AEP assessments and/or exercise classes.

#### WHY REFER PATIENTS

- Prescribed exercise has been shown to be as effective as NSAID's and analgesics in reducing pain, with relatively few side effects (*Arthritis Australia 2014. Arthritis and Exercise: The Essentials.*);
- TJM is an evidence based exercise program;
- Exercise increases the strength and flexibility of the muscles and connective tissue surrounding the joints, it boosts the production of synovial fluid and relieves joint stiffness;
- Exercise increases production of natural compounds in the body that help dampen pain and boost mood;
- Enhance your patients function, overall health, and management of their arthritis/ musculoskeletal conditions;
- Challenge patients to make a positive difference to their lives.

#### MORE INFORMATION?

