

# INFORMATION FOR GP'S AND HEALTH PROFESSIONALS

## The Joint Movement® Program

The Joint Movement® was developed by Arthritis Australia with the support of leading health and fitness experts. Programs include Group Strength Training Classes and Group Warm Water Exercise Classes. Programs are evidence based and designed to improve health outcomes for people with arthritis or other related conditions.

### The Evidence

The Joint Movement programs are led by licensed exercise professionals who complete specialised training, providing confidence that your patients are exercising safely, correctly and for maximum benefit.

Group strength training has specific well-proven benefits for people of all ages, abilities and levels of fitness.<sup>1</sup> Designed specifically for those experiencing arthritis-related symptoms involving working the muscles a little harder than in normal life, using hand or leg weights, resistance bands and body weight.

Exercising in warm water (around 34 C) is one of the most comfortable and effective ways that people experiencing pain can improve fitness, health and wellbeing.<sup>1</sup> Warm water exercise improves your strength by supporting your body as you exercise, taking the weight off inflamed and painful joints.

### Why Refer?

- 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
- Prescribed exercise has been shown to be as effective as NSAID's and analgesics in reducing pain, with relatively few side effects<sup>1</sup>
- Enhance your patients function, overall health and management of their arthritis / musculoskeletal conditions, challenging patients to make a positive difference to their lives

GP, Health Professional or Self-Referral to The Joint Movement program

Risk stratification to determine suitability

12 week program (including pre and post health outcome measures)

1 hour - Strength or Warm Water Group Exercise Classes

Report on progress (for GP, Health Professional and participant) and option to continue with The Joint Movement program

(1. Arthritis Australia. 2014. Arthritis and Exercise: The Essentials.)

### The Benefits

- Less pain, better movement and balance, flexibility and co-ordination
- Better stamina and energy levels
- Improved feelings of wellbeing - Move Better, Feel Better

### How to Refer?

For more information, to request support materials or to refer your patients please call 1800 011 041

The Joint Movement

Arthritis AUSTRALIA

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

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