

PHYSIOTHERAPY AND ARTHRITIS

How physiotherapy can help

Physiotherapists are part of a multidisciplinary team that can help you manage your arthritis. They will help you stay active and keep moving.

Strategies might include:



devising a tailored exercise programme



building your strength, stamina, mobility, and activity levels



supporting you to develop skills to manage pain, swelling, and stiffness



A physiotherapist will assess you holistically, and help you access care from other professionals to help you manage your arthritis.



World
PT Day
2023

8 SEPTEMBER



World
Physiotherapy

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