



World PT Day 2023

Physiotherapy can help you manage arthritis

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



devise a tailored exercise programme for you



help build your strength, stamina, mobility, and activity levels



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



World
Physiotherapy

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