

Exercising with osteoarthritis

Exercise first

Exercise and physical activity are safe and evidence-based first line management strategies for osteoarthritis.

They can:



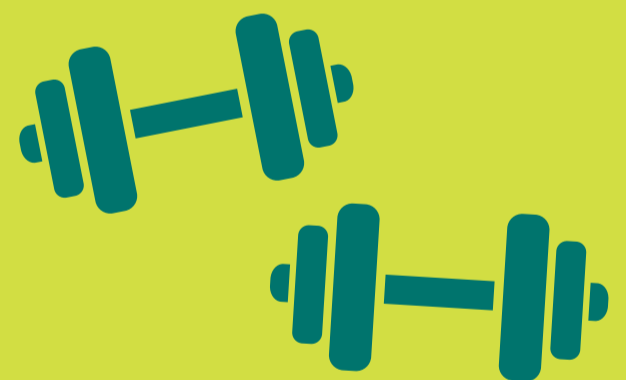
delay or prevent joint replacement



delay or prevent functional decline



reduce joint pain



Osteoarthritis can be managed successfully.

Seek advice from a physiotherapist about the right types of exercise for you.



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