

# Exercising with osteoarthritis

## Can I exercise?

Exercise is appropriate for ALL people with osteoarthritis, irrespective of age, severity of osteoarthritis symptoms or level of disability.



It should include:



local muscle strengthening



normal movement patterns



joint motion



general physical activity to increase aerobic fitness and minimise sedentary time



Speak to your physiotherapist about an exercise programme tailored to suit your needs, to ensure exercise is both achievable and safe.



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