



# World PT Day 2022

## Can I exercise with osteoarthritis?

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

Speak to a physiotherapist to ensure  
your exercise is achievable and safe



World  
Physiotherapy

[#worldptday](https://www.instagram.com/worldptday)