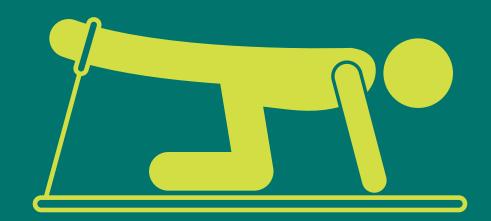
## Preventing osteoarthritis



## Osteoarthritis is the most common type of arthritis

Regular exercise lowers your risk of osteoarthritis, hip fractures, risk of falls in older adults, and can prevent or delay the need for the surgery.



Speak to a physiotherapist about building an individualised training programme based on your needs.





