“I couldn’t walk for any great distance before physio. Now I’m participating fully in school sports including swimming, football, cross country and tennis.” Haydn (11)

“My surgeon expected only minimal movement in my knee, but I proved him wrong!” Brian (49)

“I can now walk, climb and go on my skateboard with no lasting pain.” Russell (35)

ARTHRITIS. PHYSIOTHERAPY CAN HELP YOU...
• stay active and independent
• be stronger, fitter and more flexible
• manage your pain.
People with arthritis can have sore, stiff joints that make it difficult to do everyday tasks like getting dressed, walking to the shops, cooking and playing sport.

But there are lots of ways to manage arthritis and continue with an active life doing things you enjoy. Physiotherapy can be a big help.

How will physiotherapy help me?
Your physio will discuss your symptoms with you to understand how your life is affected. They’ll suggest ways for you to manage your arthritis so that you’re able to do more without making your symptoms worse.

Keeping moving is a vital part of managing your arthritis. They’ll work with you to develop an exercise plan that’s right for you. They’ll help you to get the right balance between activity and rest, and to choose activities that are appealing and beneficial for you.

Then you can get out and enjoy a more active life, knowing you’re doing the right things to manage your arthritis.

How does this fit with medical treatment?
Your treatment will be a team effort between you, your doctor and other health professionals such as a physio.

Can I afford physiotherapy if I’m on a limited budget?
Yes. You may need just a few sessions with a physio and from there you can manage your symptoms by yourself. It can be helpful to go back and see your physio once a year to refresh your plan for managing your arthritis.

How do I find a physio?
Go to www.physiotherapy.org.nz and click on ‘Find a physio’ to see who’s available in your area. You can also ask your doctor to refer you to a physio.

Some physiotherapy services, including exercise classes, are available through the hospital system and your doctor can refer you.

Where can I find out more about arthritis?
Go to Arthritis New Zealand’s website at www.arthritis.org.nz or call them on 0800 663 463. They provide access to a range of services including educational seminars, exercise classes, support groups and courses to help you learn to manage your arthritis for a better quality of life.