“Physio has kept me mobile, giving me confidence in walking and looking after myself at home.” (Honor, 82)

“I find my pain is much lower after doing physio.” (Maree, 66).

“Just being a mum uses up all my energy. I think physio gives me more stamina.” (Lee, 42).

**ARTHRITEIS. PHYSIOTHERAPY CAN HELP YOU...**

- stay active and independent
- be stronger, fitter and more flexible
- manage your pain.

**CONTACT DETAILS**

**Physiotherapy New Zealand**
PO Box 27 386, Marion Square Wellington 6141
Level 5, 195-201 Willis St, Te Aro Wellington 6011
New Zealand
Phone: +64 4 801 6500
Fax: +64 4 801 5571
Email: nzsp@physiotherapy.org.nz
www.physiotherapy.org.nz

**Arthritis New Zealand**
PO Box 10-520 The Terrace Wellington 6143
Level 2, 166 Featherston Street Wellington 6011
New Zealand
Freephone: 0800 663 463
Fax: +64 4 472 7066
Email: info@arthritis.org.nz
www.arthritis.org.nz
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. Your doctor will advise you whether medication might be helpful.

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.