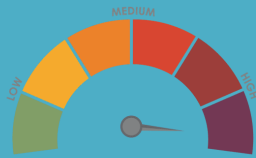


Physiotherapy / Structure Exercise Program



All stages



Works best in stage 1-4

What is it?

Meeting with a professional therapist to confirm a diagnosis and plan physical therapy/exercise regimes tailored to your circumstances.

You will be taught correct posture, advised on devices, aids and appropriate exercises as well as modifications to your home and workplace.



Benefits

Moderate drop in pain, improvement in activities of daily living (ADL) and mobility in the long term.

Effectiveness is based on the stage of the disease. Can experience up to 70% improvement in the early stages.



Risks

No major risks identified. Pain may increase in the initial stages and some people may notice an increase in swelling.



Very low cost



Minor



Minor



Minor



None



None



Minor



Minor



Minor



Minor



Minor

Limitations due to treatment



Video

What does it involve?

The first session will involve taking a full history and physical examination. Following this, the physiotherapist will plan various exercises tailored to your needs and personal circumstances.

This may include sessions showing you how to use aids and devices to help with activities of daily living (ADL). For example, walking aids and helping hands.

The exercises will be focused on strengthening knee muscles (quadriceps and hamstrings), stretching, joint mobilisation, feedback exercises and self-management advice.

Further adjustments to your exercise plan will be made after a review by the therapist.

Effort/burden

Consistent adherence to the plan; changing your routine activities and practising exercises requires organisation, commitment and motivation.

Time will need to be dedicated to your exercises each day.

Visiting the physiotherapist clinic and spending up to one hour per session there. For example, a course may be six sessions occurring once a week or once a fortnight.

Benefits

Many arthritic patients report a decrease in the intensity of pain after modifying their activities.

Moderate drop in pain, improvement in activities of daily living (ADL) and mobility in the long term.

Physiotherapy is low to moderately effective based on the stage of the disease. Studies say that patients can experience up to 70% improvement in pain in the early stages, especially when exercise and mobilisation is combined.

This will also improve your general fitness, and help with cardiovascular health and weight loss.

Limitations and side effects

Minimal side effects reported.

Physiotherapy will only work with adequate motivation and commitment.

This treatment requires regular visits to the physiotherapy centre, which may include a time and cost commitment including parking charges.

Exercises are based on an ability to perform, rather than a fixed goal.

Physiotherapy is not recommended if the patient has significant cardiac problems or exercise-induced cardiac arrhythmias.

Risks

No major risks identified.

Pain may increase in the initial stages and some people may notice an increase in swelling.

Cost

Low cost option for both the patient and the NHS.

Patient: Some may wish to enrol in a gym and therefore have a membership fee cost.

NHS: £25 to £30 per session, costing approximately £200 per course.

What if no treatment is done?

Arthritis will continue to deteriorate.

Symptoms will get worse; sometimes rapidly.

Will have a negative influence on other management options, e.g. surgery, in the future.

References

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