

Exercise Physiology and Osteoarthritis

Osteoarthritis in Australia:

Over 2.2 million Australians live with osteoarthritis, a chronic condition causing pain, stiffness, and limited mobility.

What is Exercise Physiology?

Exercise physiology is the scientific study of how the body responds to physical activity. Exercise Physiologists utilise this knowledge to develop effective, personalised exercise regimens to manage various health conditions, including osteoarthritis.

Why Exercise Physiology for Osteoarthritis?

Exercise can significantly improve symptoms and quality of life for individuals with osteoarthritis. Exercise physiology provides a tailored approach, creating programmes to maintain joint flexibility, muscle strength, and overall mobility.

Benefits of Exercise Physiology:

- Reduced pain and medication use
- Improved morning stiffness
- Increased walking distance and standing tolerance
- More confidence with time on your feet.

Suggested Exercises for Osteoarthritis:

1. **Low-Impact Aerobic Activities:** Walking, cycling, or swimming can improve your cardiovascular health without straining your joints.
2. **Strength Training:** Exercises targeting muscles around affected joints can improve strength and reduce joint strain.
3. **Flexibility Exercises:** Regular gentle stretching can maintain joint mobility and range of motion.
4. **Join a Group Class:** Share struggles and successes in a supportive, social space with individual attention.

Before You Start:

Always consult with an Exercise Physiologist or Physiotherapist before starting any new exercise regimen.

Take the First Step Today:

Embrace the transformative power of Exercise Physiology in your osteoarthritis rehabilitation journey. Schedule a consultation with our Exercise Physiologist, Eoghan Rosser, to take the first step towards a more active, healthier life. Feel free to call and talk to me on 9548 3372 or drop an email