



## An Australian Government Initiative

### Fee Information

Resthaven Therapy Services are funded by the Australian Government Department of Health and Ageing.

There is a recommended fee structure which acts as a guide for the fees charged.

Fees may be negotiated where the recommended fee is beyond an individual's financial capacity.

### Interpreter Services

Use of an appropriately qualified, accredited interpreter can be arranged with the Translating and Interpreting Service of the Department of Immigration and Citizenship, telephone 131 450.

## Resthaven Therapy Services Locations

### Resthaven Northern Community Services

16 Gillingham Road, Elizabeth SA 5112  
Telephone (08) 8252 6811  
northerncs@resthaven.asn.au

### Resthaven Marion Community Services

43 Finniss Street, Marion SA 5043  
Telephone (08) 8296 4042  
marioncs@resthaven.asn.au

### Resthaven Paradise & Eastern Community Services

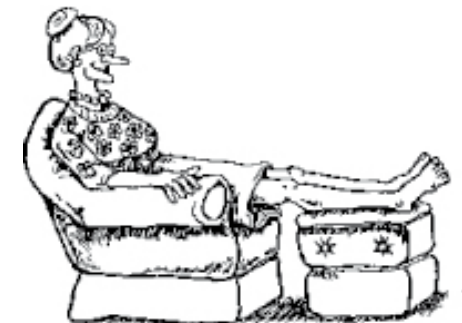
61 Silkes Road, Paradise SA 5075  
Telephone (08) 8337 4371  
pecs@resthaven.asn.au

For more information about this and other services offered by Resthaven, visit the website at:

[www.resthaven.asn.au](http://www.resthaven.asn.au)



## Managing Osteoarthritis of the Hip and Knee



## Exercise

Exercise and being fit are important in controlling osteoarthritis pain.

### Exercises help by:

- maintaining or increasing joint and muscle flexibility.
- improving circulation.
- improving strength and stability.
- improving posture.

### Three types of exercise:

- **Gentle stretches** - affected joints should be moved through the full range three times a day.
- **Muscle strengthening.**
- **General aerobic fitness** - exercise such as swimming, exercising in water, walking or cycling.

### Remember:

With osteoarthritis, the joints lose their stability. Well-exercised muscles will help to give the joint more stability.

- Avoid prolonged standing, kneeling, sitting, lying, fast walking and squatting. Regularly change the position of the affected joint.
- Watch your weight. Losing weight can decrease the severity of joint pain.

Losing only 5 kg may be associated with a 50% decrease in the chance of developing the symptoms of knee osteoarthritis.

- Before exercise, try applying heat to your knee or leg muscles, which tend to be sore after exercise. Moist heat is best. Wrap a hot blue gel pack obtained from the chemist in a wet hand towel and apply to your knee/s or muscles.
- After exercise, if joints or muscles are painful, try a cold pack for 10 minutes (wrapped in a small towel). DO NOT put ice or a cold pack directly on skin.
- For osteoarthritis of the knee try heat (or cold) applied for 10 minutes three times a day for one month.
- Use well-fitting, cushioned shoes to put less stress on your joints.
- Use a walking stick (if it has been prescribed) in the hand opposite to the painful joint. Regularly check that the rubber tip is in good condition (i.e. not worn or smooth).
- Avoid sudden movements.
- Use splints/orthotics/walking aids as advised.
- Consider using aids to make life easier such as a pick up stick, long

shoe horn, shower chair, toilet seat raise. If a particular task causes pain, discuss it with your physiotherapist or an occupational therapist – there may be an easier way to do it.

### Hints:

- Don't overdo exercises.
- See your doctor about creams that may help your pain.
- Organise your kitchen, garden and other work areas to minimise the amount of bending.
- Rest is an important part of managing your osteoarthritis. Have a rest during the day. Exercise and activity need to be balanced with rest. Rest is also essential when joints are hot, swollen and painful. At these times, while resting, elevate your legs and apply a cold pack to affected knees. If you also tend to have a painful back, it may be advisable to rest lying down, as sitting with your legs up may aggravate your back pain.
- Steps: Use rails when available. If your hip or knee is painful, go up stairs leading with the "good" leg. Go down leading with the more painful leg.
- Attend a Moving Towards Wellness course through Resthaven.