



KITA SUGG
Exercise Physiology

Osteoarthritis: Keep Moving, Keep Living

If you've been diagnosed with osteoarthritis, you may be wondering if movement is still safe.

Many people worry that exercise will wear out their joints or make their arthritis worse. Research tells us the opposite; appropriate exercise is one of the most effective ways to manage osteoarthritis and is recommended as a first-line treatment.

The right exercise can help reduce pain, improve strength, decrease stiffness and make everyday activities feel easier.

The goal isn't to push through pain.

The goal is to help your joints move more comfortably so you can continue doing the things that matter most to you.

Why Movement Matters

When a joint becomes painful, it's natural to want to protect it by resting.

While short periods of rest can be helpful during a flare-up, avoiding movement for too long can lead to:

- Increased stiffness
- Reduced muscle strength
- Poorer joint support
- Reduced confidence with movement
- Difficulty completing everyday tasks

Gentle, regular movement helps keep joints mobile, strengthens the muscles that support them and improves everyday function.

Think of it like oiling a rusty hinge—regular movement helps keep your joints moving more comfortably.

How Exercise Can Help

Exercise doesn't remove osteoarthritis, but it can improve how your joints feel and function.

Regular exercise can help:

- Reduce joint pain and stiffness.
- Improve muscle strength.
- Support and protect your joints.
- Improve balance and mobility.
- Make everyday activities easier.
- Increase confidence with movement.
- Improve your overall quality of life.

The best exercise program is one that feels achievable and fits your lifestyle.

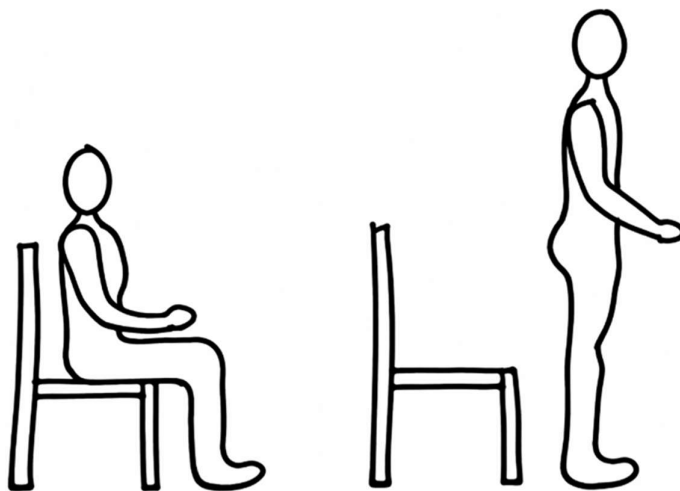
Consistency is more important than intensity.

Simple moves

Sit to Stand

Helps support: Lower body strength and everyday function

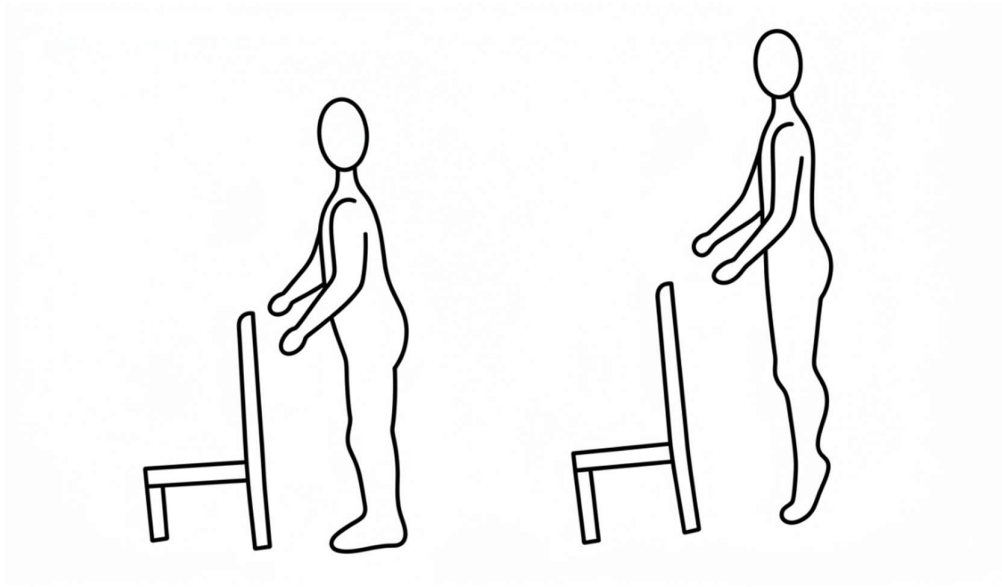
From a chair, stand up and sit back down slowly with control. Use your hands for support if needed.



Calf Raises

Helps support: Calf strength, balance and walking.

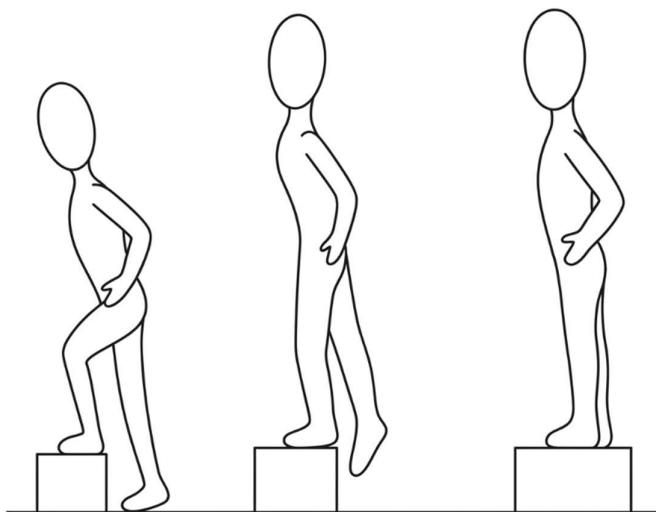
Holding onto a bench or wall if needed, rise up onto your toes, lower back down slowly. Repeat with control.



Step ups

Helps support: Hip and Knee strength.

Step up onto a step by pushing through your front foot, step back down carefully, perform on both sides.



Helpful Tips

- ✓ Keep moving every day
- ✓ Build strength gradually
- ✓ Choose activities you enjoy
- ✓ Pace yourself during flare-ups
- ✓ Small, consistent efforts usually lead to the best results

How an Exercise Physiologist Can Help

An Exercise Physiologist can help if you:

- Have ongoing joint pain or stiffness.
- Feel unsure which exercises are right for you.
- Want to stay active without making your symptoms worse.
- Are preparing for or recovering from joint surgery.
- Want to improve your strength, mobility and confidence.

A personalised exercise program can help you continue doing the activities you enjoy while supporting your joints for the long term.

To book a personalised Exercise Physiology session with Kita visit

www.kitasuggphysiology.com.au