

The Joint Pain Programme

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Welcome: What is the Joint Pain Programme?

The aim of our Joint Pain Programme is to:



Enable you to manage your pain and get back to doing the things you love without pain, fear, or anxiety.



Help you find exercises that you enjoy, teach you to work out safely, and ultimately reduce or eliminate pain.



Build a support community where you feel comfortable, make friends, and share experiences.

Supported	12 weeks	Two expert-led education and exercise sessions per week
Independent	12 weeks	Trial and application of learning with guidance from your Rehabilitation Specialist
Maintenance	6 months	Self-management and maintenance

Session Number	Day & Time
Session 1	
Session 2	

What are MSK conditions?

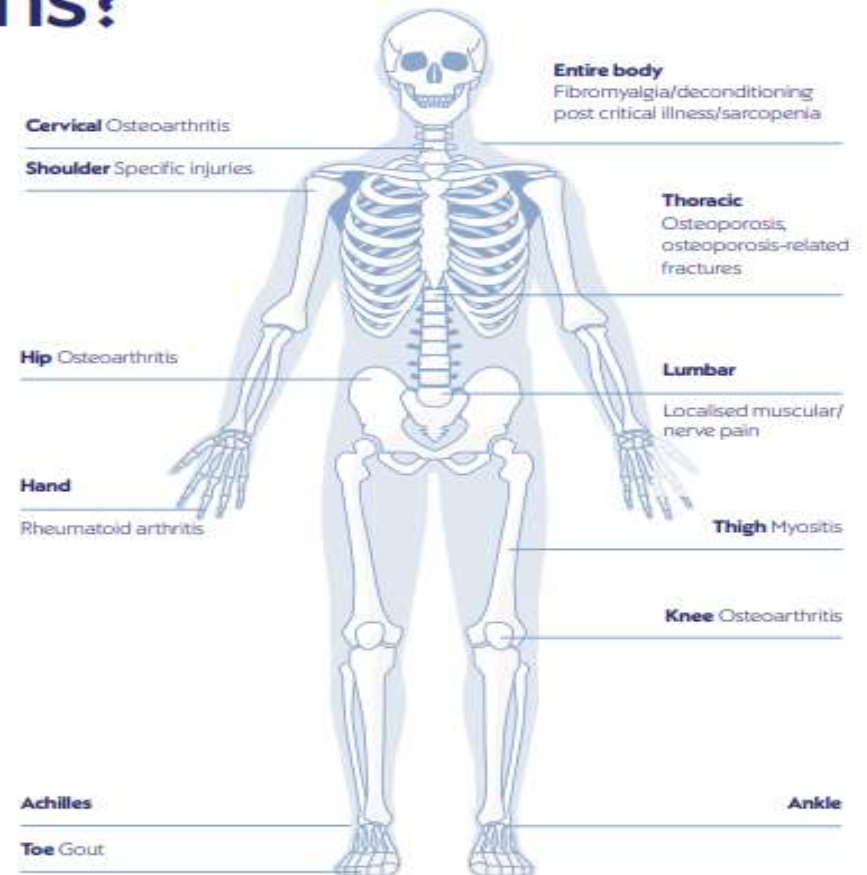
The term "musculoskeletal conditions" describes a broad range of health problems affecting our bones, joints, and muscles.

It can also extend to conditions of the nerves that supply these body parts. These health problems can occur anywhere in the body, including the legs, arms and spine.

They can arise from a variety of causes, such as osteoarthritis, historical injuries to a specific body part, or even auto-immune involvement of musculoskeletal tissues as seen in rheumatoid arthritis. Common symptoms are pain, stiffness, weakness, and loss of function, which can understandably lead

to isolation and low mood. While there are common symptoms that overlap various different MSK-related conditions, symptoms still tend to be unique and person-specific.

The **"What is pain?"** video covers this information in more detail and is available on the participant hub. Please watch this video before your first exercise session. Please let your Rehab Specialist know if you cannot access it.



This visual denotes areas where specific conditions can present, but some conditions can also present throughout the body too.

The importance of exercise

Exercise is a vital part of managing the symptoms associated with joint pain.

We know that pain makes people avoid exercise. In reality, a consistent exercise plan is highly beneficial for reducing pain over time.

Improved muscle strength

Muscles can become weaker in the presence of pain due to inactivity. Strength training helps improve joint stability and reduce the symptoms commonly associated with pain and swelling.

Weight loss

Obesity is the largest cause of osteoarthritis, with over 90% of obese people also reporting joint pain. Moving more will help to reduce weight, and take the load off tired joints.

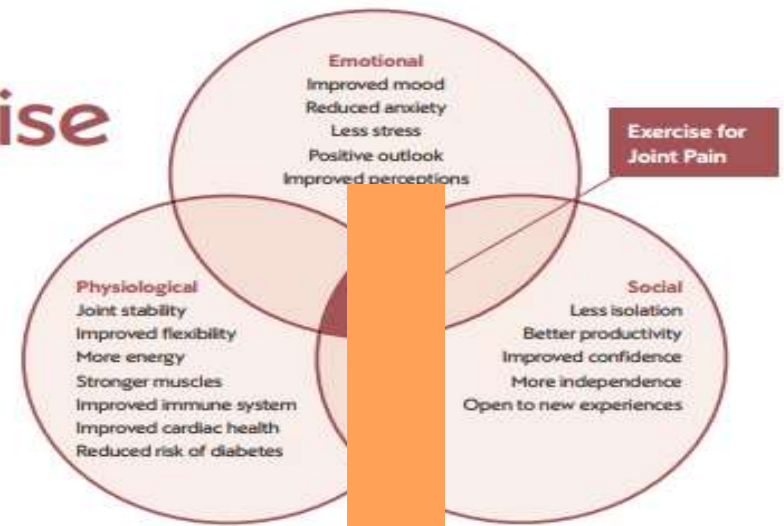
Overall physical and emotional wellbeing

Sometimes pain can make you feel low in mood and low in hope. Thankfully, the reverse is also true. Movement is a great way to boost your mood and improve your mental health.

Social interaction

Pain can be very isolating and a person living with pain can feel like a burden on family and friends.

Our Joint Pain Programme facilitates and nurtures interaction with others in a similar position. Our programme acts like a support community, to help give you more confidence in the gym and everyday life.



Which three of the above are most valuable to you? do you think

“ If exercise could be packaged in a pill, it would be the single most widely prescribed and beneficial medication in the nation. ”
Robert Butler, National Institute on Aging

The important types of exercise

• Strength training • Stability • Cardiovascular • Mobility

The most important factor is that you enjoy the exercise you do so you keep doing it. If you don't enjoy a certain type of exercise, don't worry. Focus on the exercises you enjoy and stay active.

What to expect

The Joint Pain Programme exercise sessions focus on four main types of training:

			
Cardiovascular (CV):	Mobility:	Stability:	Strength:
Low-impact CV training, step aerobics, cycling classes.	Yoga, aqua training, progressive stretching.	Yoga, aqua training, balance training.	Strength training and compound movements.

Session 1 will be a circuit-based session covering all four types of training. These sessions focus on your physical function, making movement easier and more stable, and providing options for exercising in the gym and/or home.

Session 2 will focus on a specific type of training to maximise your physical improvement. These will rotate weekly so you will get to experience each type of training throughout the programme.

Each session will open with a group discussion around a healthy lifestyle topic that can be found in this journal.

QUESTIONS

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Thank you

From The Nuffield Health Team