



“Strengthening exercise have been shown to be the best treatment for people with osteoarthritis as it help reduces pain and makes it easier for people to do their daily activities. Being active can also lead to positive outcomes including controlling your weight.”

(GLA:D Canada, 2016)



## Contact Us

### Opening Hours

Mon to Thu	8am - 5pm
Friday	8am - 12pm 2pm - 5pm

For enquiries, please contact:

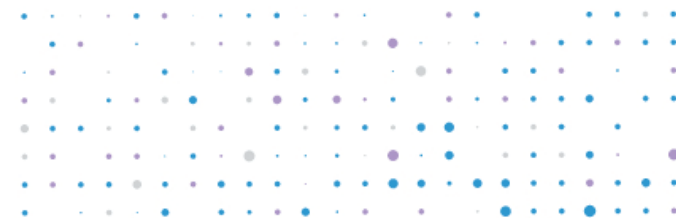
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## LEAP for Arthritis

### Lower Limb Exercise for Arthritis Programme



# What is Osteoarthritis?

Osteoarthritis (OA) refers to a clinical syndrome of joint pain by varying degrees of functional limitation and reduced quality of life. OA is the most common form of arthritis, and one of the leading causes of pain and disability worldwide.

It can affect any joint in the body. However, it's most likely to affect the joints that bear most of our weight such as hips and knees, and joints that we use a lot everyday, such as the hands are most commonly affected.

In reality, many people have pain in more than one joint which can reduce a person's ability to carry out their day-to-day activities.

## Symptoms

- Pain is the main symptoms reported
- Stiffness - on waking or after a period of rest
- Swelling
- Joint deformity - due to changing shape of bones and muscle spasm
- Limitation of movement
- Muscle wasting, especially of the thigh muscles
- Crepitus (creaking) of the joint

## Risk Factors

- Age - 45 years old or over
- Female
- Overweight
- Joint injury or overuse of the joint
- Genetic factors
- Physical inactivity

# LEAP

LEAP, or Lower Limb Exercise for Arthritis Programme, is a rehabilitation group exercise programme developed for people with hip and/or knee osteoarthritis symptoms.

## What does LEAP involve?

The programme will involve educational talks and group exercise sessions that are designed and targeted mainly for those experiencing hip and/or knee osteoarthritis to manage their symptoms better and help improve daily activities.



“Current international clinical guidelines recommend patient education, exercise and weight loss as first line treatment for osteoarthritis.”

# Our Services

The group programme consists of:

- Assessments for pre- and post- programme
- 12 sessions of a twice - weekly programme for 6 - 8 weeks incorporating:

Two 60-minute educational sessions about:

- OA, its risk factors and symptoms
- Current available treatment for OA
- How to self-manage your symptoms
- Why and how exercise can help with your OA
- How to cope with the difficulties in daily activities associated with OA

Ten 60-minute group exercise sessions, twice a week

- Personalised exercises programme tailored to the individual's needs and goals
- Strength training, mobility, gait and functional activities retraining

## Can I participate in LEAP?

LEAP for Arthritis is a programme designed for all individuals who experience:

- Any hip and/or knee OA symptoms, preferably mild to severe OA
- Stiff and/or painful knees and/or hips
- Post-hip and/or knee surgery, subject to satisfying criteria assessed by the physiotherapist

You may **not** be able to join the programme if you have other hip and/or knee problems that are more pronounced and needing urgent medical attention.