Arthritis Management

Experiencing joint pain and restricted movement due to stiffness or tenderness?

PACKAGE INCLUDES:

- ✓ Consultation with physiotherapist
- Thorough physical assessment with physiotherapist
- 10 sessions of personalised exercise
- Advice for improving joint range
- Pain management strategies
- ✓ Home exercise programme

Package Price BND880.00

Additional treatments that PJSC can offer: Hydrotherapy, manual therapy, dry needling, electro modalities, dry and cold therapy. *(Disclaimer: Additional charges will be incurred for additional treatments)

Tel: +673 723 1231 / 261 3333 (Ext. 1383)







bruneipjsc





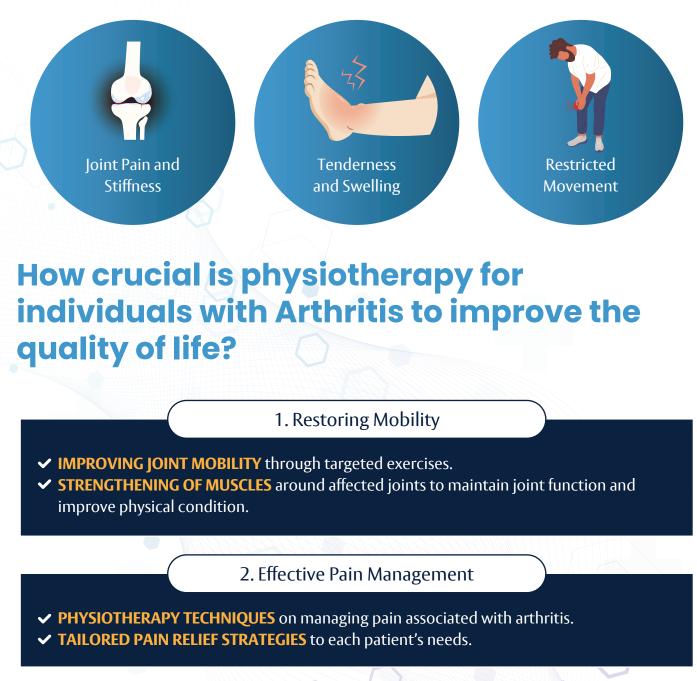
PJSC Brunei

PANTAI JERUDONO

What is Osteoarthritis (OA)?

Osteoarthritis (OA) is a disease that primarily affects movable joints, including the knees, hips, and hands. As the disease progresses, joint tissues undergo changes such as cartilage thinning, bone reshaping, bony lumps, and joint inflammation. Despite these alterations, the joint can still function normally without pain or stiffness in some cases.

Major symptoms of OA?



3. Independence in Daily Activities

✓ AWARENESS of joint movements and walking techniques.

 PERSONALIZED STRATEGIES to carry out normal daily activities without intensifying symptoms.