

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)

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?



How crucial is physiotherapy for individuals with Arthritis to improve the quality of life?

1. Restoring Mobility

- ✓ **IMPROVING JOINT MOBILITY** through targeted exercises.
- ✓ **STRENGTHENING OF MUSCLES** around affected joints to maintain joint function and improve physical condition.

2. Effective Pain Management

- ✓ **PHYSIOTHERAPY TECHNIQUES** on managing pain associated with arthritis.
- ✓ **TAILORED PAIN RELIEF STRATEGIES** to each patient's needs.

3. Independence in Daily Activities

- ✓ **AWARENESS** of joint movements and walking techniques.
- ✓ **PERSONALIZED STRATEGIES** to carry out normal daily activities without intensifying symptoms.