

Progressive Resistance Exercise Class

Patients with newly diagnosed inflammatory arthritis are referred to our Progressive Resistance Exercise Class.

This class is designed and run by specialist physiotherapists and is an essential part of your treatment.

This 6 week programme has been designed to:

- Strengthen muscles
- Protect your joints
- Help balance
- Improve a normal immune response.

This class also reduces stress and can improve quality of sleep.

A leaflet of progressive resistance exercises you can complete from home is available for download from our website.

For more information and advice on Exercise, please see the "Diet and Exercise" page on our website:

www.gwh.nhs.uk/wards-and-services-a-z/a-to-z/rheumatology

Department:	Rheumatology Department
Date produced:	July 2015
Review date:	July 2019
Leaflet number:	PALS PiL -

Physiotherapy and Rheumatology

What to Expect



If you would like this information in another format, i.e. large print or another language, please contact the Patient Advice and Liaison Service (PALS) department on 01793 604031

Introduction

Your Rheumatology Practitioner may refer you to the Physiotherapy Department.

Physiotherapy is often an important and successful way of treating rheumatological conditions. It is an interactive process and relies upon your involvement to help you manage your condition.

Your physiotherapist will give you advice on how to help yourself.

Physiotherapy Appointment

During your appointment, the Physiotherapist will carry out a detailed assessment to:

- Identify how your condition affects your daily physical activities
- Examine your joints and muscles
- Consider other relevant body systems such as: neurological, cardiovascular
- Identify if any special equipment, such as walking aids, or modified footwear or splints are required to help you
- Find out about your self-management and coping strategies
- See if you require any physiotherapeutic interventions

The physiotherapist will explain the assessment findings and discuss treatment options with you.

Together, you will agree a treatment plan.

What Physiotherapy Treatment Involves

Depending on your individual needs, treatment may include:

- Manual Therapies such as joint and muscle mobilization, soft tissue releases, stretching, friction and trigger point release
- Acupuncture for pain relief
- Progressive Resistance Exercise Class
- Individual Exercise prescription to improve strength, mobility and quality of joint movement
- Pain Management
- Education
- Injection Therapy
- Hydrotherapy
- Pilates for core strength
- Electrotherapies like TENS for pain relief

All treatments will be explained to you and you will have the opportunity to ask any questions.

Exercise and Rheumatology

Exercise is a key component of your treatment and general health. It helps ease pain, increases mobility, boosts energy, keeps muscles strong to support joints and helps prevent disability.