

## Macquarie Street Physiotherapy Centre

### Physiotherapy management of arthritis

**Strong evidence confirms the effectiveness of physiotherapy to treat arthritis and musculoskeletal conditions, with interventions to control pain and improve physical function.**

Backed by strong evidence from randomised controlled trials and systematic reviews, the treatment of arthritis and musculoskeletal conditions is a core function of physiotherapy practice. Timely access to physiotherapy services for patients with arthritis-related problems can delay disease progression, reduce relapse and disease severity, and assist in prevention of further problems.

Appropriate exercise plays a vital role in prevention and early intervention, and several studies demonstrate the effectiveness of land-based therapeutic exercise in managing both acute and chronic arthritis and related conditions. Research shows that specific exercise keeps joints mobile, improving cartilage health while maintaining muscle strength.

The benefits of exercising in water are also well documented, with good evidence supporting the role of aquatic physiotherapy in reducing pain and improving joint mobility, strength and balance, especially among older people and those with rheumatic conditions and chronic lower back pain.

The highly skilled physiotherapists in our practice can prescribe tailored exercise and aquatic programs to increase physical activity and function without aggravating any coexisting problems. We also provide realistic advice to encourage self-management and build patient confidence to make daily decisions to cope with their condition.

*APA physiotherapists are qualified professionals with expert knowledge and skills in the prevention, diagnosis and treatment of musculoskeletal conditions. All APA physiotherapists must participate in continuing professional development to keep them up to date with the latest in physiotherapy techniques and leading research-based treatment.*



## Macquarie Street Physiotherapy Centre

### Physiotherapy management of low back pain

**A considerable body of evidence confirms the benefits of physiotherapy in the management of low back pain, with interventions to reduce pain, improve physical function and assist in the prevention of back pain.**

Low back pain is one of the most common conditions with which patients present to a physiotherapist – and for good reason. Evidence-based research continues to assert the effectiveness of physiotherapy interventions in the management of both acute and chronic low back pain.

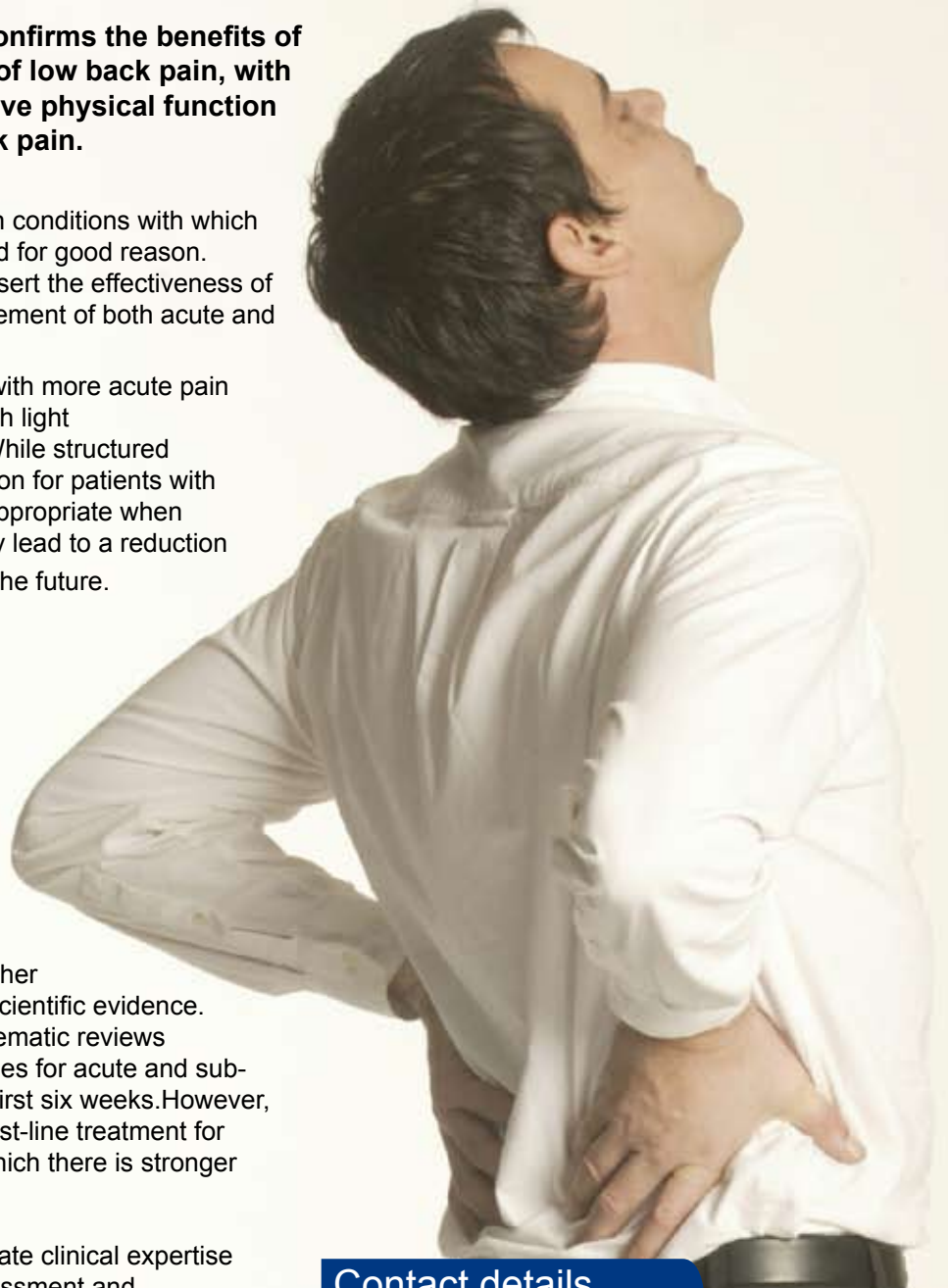
Significant evidence shows that patients with more acute pain recover faster by remaining active and with light activity prescribed by a physiotherapist. While structured exercise may not be recommended early on for patients with acute pain, some specific exercises are appropriate when carefully selected and instructed, and may lead to a reduction in the recurrence of pain and disability in the future.

For patients with chronic pain there is strong evidence that physiotherapy management that includes supervised exercise programs – such as those prescribed by the skilled physiotherapists in our practice – deliver valuable results: faster return to work rates, reduced recurrence rate, less sick leave being taken, reduced pain and increased mobility.

Spinal manipulative therapy (SMT) is another physiotherapy intervention supported by scientific evidence. An analysis of clinical guidelines and systematic reviews reports that SMT improves clinical outcomes for acute and sub-acute low back pain especially within the first six weeks. However, SMT is typically not recommended as a first-line treatment for some presentations of chronic pain (for which there is stronger evidence for exercise interventions).

The physiotherapists in our practice integrate clinical expertise with evidence-based research, in the assessment and management of movement disorders.

*Let our trained professional help your patients with low back pain, with techniques to control pain, increase flexibility and mobility, and improve muscle strength and control. To enhance recovery and help prevent further injury, we can advise patients and prescribe a tailored exercise program to meet their individual lifestyle needs.*



#### Contact details

**Macquarie Street Physiotherapy Centre**

5th Floor, Park House, 187 Macquarie Street

SYDNEY, NSW, 2000

Phone: 02 9221 1604

Fax: 02 9231 1727

Website: [www.macquariestphysio.com.au](http://www.macquariestphysio.com.au)