

Patient Information

Occupational Therapy

Early Arthritis Education Group

You have been invited to the Early Arthritis Education Group.

The group meets on a set Friday, from 10.30am to 12.30pm in the Rheumatology Gym. The group session will be presented by the therapy staff.

Please bring a family member with you if you think it will help.

The presentation is an interactive session. This means there will be time for you to ask questions.

What will this session involve?

Introduction to arthritis

You will learn more about your condition and what causes the pain, stiffness, and fatigue you may experience.

Advice on flare-ups

We will give you advice on when and how to use ice and heat safely on your joints.

Advice on exercise

We will give you advice on exercise for people with arthritis and how to keep your joints moving to prevent stiffness and loss of movement.

Advice on looking after your feet

We will give you advice on how to look after your feet and what to look for when choosing good footwear.

Joint protection techniques

We will show you ways of doing activities that can help prevent damage to your joints, make tasks easier and less painful.



Patient Information

Self-help information and coping strategies

We will provide information to help you manage your condition and maximise what you can do each day. This will include information on how to pace yourself and get a good balance between activity and rest.

Practical issues

There will be time to discuss practical, everyday home and work issues and their possible solutions.

Your appointment

You will be referred to the group by your consultant. We will send you a letter with your appointment date. This can be changed if the date is not convenient.

The group usually meets every 7 weeks on a Friday, from 10.30am to 12.30pm. This can depend on there being enough people booked to attend.

You can book follow-up sessions with a physiotherapist or occupational therapist if necessary.

Please bring a family member if you think it would be helpful.

If you need any further information about the group, please contact us by telephone on 024 7696 6016.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact us on 02476 966016 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.



Have your say. Scan the QR code or visit:

www.uhcw.nhs.uk/feedback

Document History

Department	Occupational Therapy
Contact:	26016
Updated:	August 2023
Review:	August 2025
Version	9
Reference:	HIC/LFT/971/10