

Occupational Therapy

Early Arthritis Education Group

You have been invited to the Early Arthritis Education Group.

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

Please feel free to bring a family member if you think it would be helpful. The presentation is an interactive session so there will be opportunities to ask questions.

What will this session involve?

General introduction to arthritis

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

Advice on managing a flare up

You will be given advice on when and how to use ice and heat safely on your joints.

Advice on exercise

You will be given advice on exercise suitable for people with arthritis and how to keep your joints moving to prevent stiffness and loss of movement.

Advice on looking after your feet and footwear

You will be given advice on how to look after your feet and what to look for when choosing good footwear.



Patient Information

Joint protection techniques

You will be taught ways of doing activities that can help to prevent damage to your joints and make tasks easier and less painful.

Self help information and coping strategies

Information will be provided to help you manage your condition and maximise what you are able to 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 also be the opportunity to discuss practical everyday difficulties at home and at work and some of the possible solutions available.

Your appointment

You will be referred to the group by your consultant and a letter will be sent out with the date of your appointment. This can be changed if the date is not convenient.

The groups usually run every seven weeks on a Friday from 10.30am to 12.30pm depending on there being enough people booked to attend.

Follow up sessions can be booked afterwards with a physiotherapist or occupational therapist if this is deemed necessary.

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

If you need any further information about the group please contact:

Telephone: 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 024 7696 6016 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History	
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