



Introducing our Knee Osteoarthritis Program

Join us and take control of your health!

Our program is designed with these key goals in mind:

- Alleviating pain
- Reducing reliance on pain medication
- Boosting walking speed
- Enhancing ability to navigate stairs with ease
- Diminishing the perceived need for surgical intervention
- Cultivating more trust in your knee's functionality

Embarking on the Journey:

- Begin with a comprehensive evaluation by our skilled Physiotherapist and Exercise Physiologist. They will assess suitability for the program and formulate an individualised plan for you.
- If the program aligns with your needs, embark on your transformative 6-week journey.
- We'll identify your specific OA educational needs. Make use of our BJC Connect platform to join the weekly Knee OA and Diet Management workshops
- Commit to bi-weekly supervised exercise sessions for 6 weeks. We design a regimen that accommodates your needs and lifestyle:
 - Exclusive in-person small group sessions
 - Virtual guided exercise sessions
 - A blend of the above options
- At the end of the program, we'll collaboratively determine a plan to maintain your active lifestyle and regular exercise regimen.

Investment:

Initial Assessment and Program Coordination

- 45 minutes with our Exercise Physiologist & Physiotherapist = \$228

6-Week Comprehensive Program Inclusive of:

- 12 Group Exercise Sessions where you will learn personalised exercises focusing on mobility and lower limb strength based on your individual needs.
- Informative educational workshops related to Arthritis.
- Seamless communication with your trusted healthcare professionals.
- Program Review and Outcome Measurement = \$936

Rebates:

With suitable private health insurance, you may qualify for rebates, particularly for initial and final reviews. However, as the program is individually tailored, its specifics will only be known after your initial assessment, and we can't guarantee rebates. It's safest to assume no rebate is forthcoming.

Optimizing Outcomes:

- Define your goals.
- Set realistic expectations for what the program can achieve in 6 weeks.
- On occasion, you might need additional one-on-one sessions beyond the program to maximize your outcomes. These will be discussed and approved beforehand as they will incur separate charges.

WHAT LIES BEYOND THE PROGRAM?

- Your progress and program outcomes will be reported to your treating doctor/practitioner and/or your GP.
- We'll collaboratively determine a plan to maintain your active lifestyle and regular exercise regimen.
- Continue to expand your knowledge about your body and explore additional self help measures such as weight management, improved sleep habits, and cultivating a positive mindset.



Frequently Asked Questions (FAQs):

What metrics will be used to evaluate my progress?

- We'll use the Knee Injury and Osteoarthritis Outcome Score (KOOS) as a measure of overall knee health.
- The Patient-Specific Functional Scale (PSFS) will let you pick the activities you wish to improve.
- We'll also use certain movement patterns identified in your initial assessment as baseline measures to track your progress.

Is upfront payment required for the program?

Yes, paying upfront for the 6-week program fosters commitment and accountability, which are essential to achieving your desired outcome. It's the consistent dedication to the program that drives results.

Can I put the program on hold if necessary?

If you're going to be away for 7 days or more and can provide reasonable notice, we can accommodate your request to pause the program. We'll handle other extenuating circumstances on a case-by-case basis.

Is a virtual option available for the program?

Yes, a virtual option is available. Ideally, we'd recommend in-person visits for your initial assessment and final review for more accurate outcome measures. However, we offer both virtual exercise groups and educational workshops for your convenience.