



STRIDES
— HEALTH GROUP —

Helping people move towards what matters most.

KNEE OSTEOARTHRITIS

MOVEMENT • EXERCISE • CONFIDENCE

A scan does not predict your future.

Tailored movement and support can help you do more of what matters to you.

01 UNDERSTAND YOUR KNEE



COMMON SIGNS

Pain with walking or stairs, stiffness after rest, swelling or reduced strength. Symptoms can vary from day to day.



WHAT CAN HELP

Exercise is a core treatment. A tailored plan may combine strengthening, balance, mobility and aerobic activity.

02 BUILD YOUR MOVEMENT PLAN



START SMALL

Choose a manageable starting level.



BUILD GRADUALLY

Increase activity over time.



PACE YOUR DAY

Plan breaks; avoid doing everything on a good day.



MAKE IT YOURS

Set goals that matter to you. Weight support if relevant and wanted.

IF SYMPTOMS FLARE

1 NOTICE

Some temporary discomfort can happen when you start.

2 CHECK

If pain or swelling stays worse into the next day, ease back.

3 ADJUST

Restart at a lower level and build more gradually.

03 GLA:D PRINCIPLES IN INDIVIDUAL PHYSIOTHERAPY



Daniel has completed GLA:D® Australia clinician training. Strides does not offer the full formal programme, but relevant education and exercise principles may be incorporated into individual physiotherapy sessions when appropriate.



GET URGENT HELP for a suddenly hot, red, very swollen knee with fever, a major injury, or inability to bear weight.

STRIDES HEALTH GROUP • 0411 876 851 • strideshealth.com.au

General information only. Speak with your GP or physiotherapist for advice tailored to you.