

INFORMATION FOR PARTICIPANTS



What is The Joint Movement?

Developed by the country's peak arthritis body Arthritis Australia with the support of leading experts, The Joint Movement® (TJM) Strength Training Program is an evidenced based group exercise program designed to improve health outcomes for adults with (or at risk of developing) arthritis or other related conditions.

WHO SHOULD DO THE PROGRAM?

TJM Strength Exercise Program is designed for anyone who has mild to moderate arthritis. Participants who have benefited from the program include individuals who:

- Are fearful exercise will exacerbate their arthritis.
- Want to learn how to exercise safely and effectively with arthritis.
- Need support and motivation to exercise.
- Would like to meet others with similar symptoms.
- Would like to improve their ability to perform daily activities, increase strength and flexibility, maintain bone health and improve mood.

HOW DOES THE EXERCISE PROGRAM WORK?

Participation in The Joint Movement® involves:

- An initial pre-exercise screening session.
- Attending weekly small group exercise sessions for 10 weeks, delivered by qualified Joint Movement® Instructors who have completed a nationally accredited training course.
- A follow-up assessment with an exercise professional provides participants and referring GP with a report on progress.
- Ongoing sessions will be offered for participants who wish to continue on with the group sessions. Continuing participants do not require another pre-exercise assessment.

WHERE ARE THE PROGRAMS?

TJM Strength Training Program is currently only available in Glenorchy, Tasmania. New program locations will be listed on the www.arthritistas.org.au website or available by phoning the Arthritis InfoLine on 1800 011 041.

WHAT DO I WEAR TO THE PRE EXERCISE APPOINTMENT ?

Wear comfortable clothing and footwear that you can exercise in.

GET INVOLVED IN THREE EASY STEPS

1. Speak to your GP or phone Arthritis & Osteoporosis Tasmania on **1800 011 041**.
2. Attend a pre-exercise assessment to make sure you get the most benefit from exercise for your condition. (45-60 minutes).
3. Meet weekly with your local exercise group over a 10 week period.

WHAT ARE THE COSTS?

The cost is currently \$10 per session, which can be paid in advance (\$120) or in three instalments - \$20 deposit to secure place; \$50 at week 3 and \$50 at week 8.

There are currently no concessions or health rebates available.

