



ARTHRITIS ESSENTIALS



ARTHRITIS & EXERCISE

Would you like to gain or further develop your professional knowledge and skills to meet the exercise needs of people of arthritis and musculoskeletal conditions?

Arthritis & Exercise is a component of a competency based, nationally accredited course, designed to provide healthcare professionals working with or supporting people with arthritis and related musculoskeletal conditions, with an easily accessible means of professional development.

COURSE OUTLINE:

The course covers the knowledge elements required to meet the exercise needs of people with arthritis and related musculoskeletal conditions. The course is comprised of five main topics:

1. Misconceptions about arthritis and exercise.
2. Exercise indications and contraindications for individuals with arthritis & related musculoskeletal conditions.
3. Exercise indications and considerations for specific musculoskeletal structures and joints.
4. Exercise indications and considerations for specific musculoskeletal conditions.
5. Compliance with individual limitations and with exercise recommendations.

Module contents include information, graphics, external links, embedded evidence-based resources and videos.

