

## May 17 - Physio Can Help You Manage Arthritis

A physiotherapist can help you to manage the pain and inflammation of arthritis. They can provide you with exercises to minimize joint stiffness while increasing muscle strength to help control the symptoms of arthritis. If you need to see a surgeon for joint replacement, physiotherapists will be involved in your care both before and after your surgery to help you recover your strength and maximize use of your new joint.

[https://www.youtube.com/watch?v=Gjn6\\_1kZ3\\_4](https://www.youtube.com/watch?v=Gjn6_1kZ3_4)

# Physios Can Help You Manage Your Arthritis



#PhysioCanHelp

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