

# Centre for Health, Exercise & Sports Medicine

# Patient Resources

CHESM research-based resources are  
freely available to the public and  
clinicians



THE UNIVERSITY OF  
MELBOURNE

# Patient Resources



## Taking Control of Your Hip and Knee Osteoarthritis

4 week online educational course that gives an overview of osteoarthritis and different ways to help people manage their condition



[www.futurelearn.com/courses/taking-control-hip-and-knee-osteoarthritis](http://www.futurelearn.com/courses/taking-control-hip-and-knee-osteoarthritis)



## My Knee Exercise

[www.mykneexercise.org.au](http://www.mykneexercise.org.au)

Self-directed online 6-month home-based strengthening and physical activity program plus educational information



## Knee pain information video

<https://vimeo.com/573794719>

12 minute video that explains about osteoarthritis and the importance of exercise to help manage the condition



## painTRAINER

[www.paintrainer.org/](http://www.paintrainer.org/)

8-week online program that teaches people with chronic pain different strategies to help manage their pain



## My Exercise Messages

[Apple App Store & Google Play](#)

Easy-to-use app that helps people with osteoarthritis to stick to their exercise/physical activity program



## My Joint Yoga

<https://myjointyoga.com.au/>

Self-directed 3-month online modified yoga program plus educational information for people with hip/knee osteoarthritis



JOIN our Knowledge Translation Network for more at:

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Department of Physiotherapy, University of Melbourne



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# Taking Control of Your Hip and Knee Osteoarthritis

[www.futurelearn.com/courses/taking-control-hip-and-knee-osteoarthritis](http://www.futurelearn.com/courses/taking-control-hip-and-knee-osteoarthritis)

## Who is the course for?

This course is designed for people with persistent hip or knee joint pain or arthritis. It is also beneficial for family members of people with persistent joint pain who wish to provide more support.

Health professionals may also want to take this course before recommending it to patients.

This four-week course will give an introduction to living with osteoarthritis.

Examining practical methods of pain management, you'll gain a full overview of the recommended treatments available.



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**OSTEOARTHRITIS SYMPTOMS**

- Pain when using the joint (e.g. walking up stairs)
- Short-lived morning stiffness in the joint
- Joint stiffness after periods of rest
- Changes to the shape of the joint
- Swelling in the joint
- Restricted joint movement
- Feelings of joint weakness or giving way
- Grinding, creaking, crackling, or popping
- Changes to walking and movement
- Difficulties with daily activities

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**5 steps to making a physical activity plan**

- 1. Decide what you would like to do.**  
Make a list of activities that interests you
- 2. Set a specific goal for your chosen activity**  
**How much** will you do?  
**When** will you do it?  
**How often** are you going to do it?  
**When** are you going to **start**?  
**When** will you **review your progress**?  
Reminder: avoid the **'boom and bust'** cycle.
- 3. What will make meeting your goal hard?**  
Make a list of the things that could get in your way
- 4. What will make meeting your goal easier?**  
Make a list of the things that will help you
- 5. Ask yourself "How confident am I that I'll be able to do this plan?"**  
If you're not confident, change your plan until you are!

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## What will people achieve?

By the end of the course, people will be able to..

- Describe what osteoarthritis is and how it is diagnosed
- Identify accurate and inaccurate information about osteoarthritis
- Identify what treatments are recommended for hip and knee osteoarthritis
- Describe the benefits of physical activity and exercise for people with hip and knee osteoarthritis
- Critique the different types of physical activity and exercise to see which might suit
- Identify a range of factors that contribute to weight and the benefits of even a small amount of weight loss for joint symptoms
- Compare the benefits and risks of medications and surgical treatments for people with osteoarthritis
- Create a plan for how people will manage their osteoarthritis, based on what they have learnt from this course



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# Knee pain information video

<https://vimeo.com/573794719>



This is a short 12-minute animated video that provides an overview of what osteoarthritis is and outlines recommended treatments, particularly the important role of exercise and physical activity. It aims to help people living with knee osteoarthritis to understand the problem. It provides accurate information based on current evidence and gives hope to those with the diagnosis.



**SCAN THE QR CODE TO WATCH THE VIDEO**

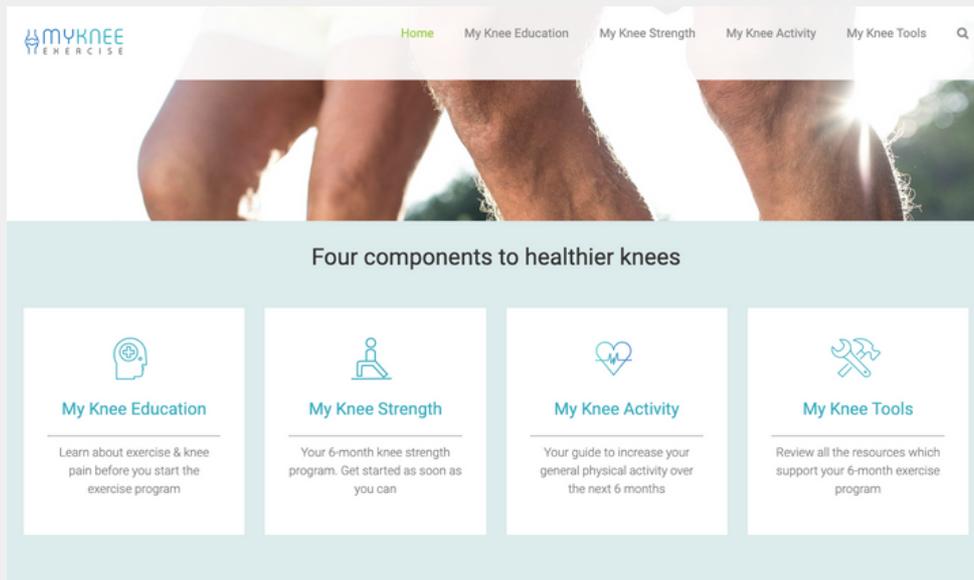


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# My Knee Exercise

[www.mykneexercise.org.au](http://www.mykneexercise.org.au)



My Knee Exercise guides people with knee pain through education about knee pain and exercise, a 6 month strengthening exercise program that progresses through 3 programs which can be completed independently at home, and creating plans to increase physical activity.

- Provides an evidence-based self-directed 6-month strengthening and physical activity program plus educational information
- Contains useful patient resources (including log books for strengthening exercises and physical activity) that are provided digitally, so that people may print/download them for their own use
- Includes videos and stories of the experiences of others living with knee pain, and exercise programs so people have a reference for proper form
- Designed for people over 45 years of age experiencing persistent knee pain or osteoarthritis
- Available free-of-charge to all users (e.g. people with knee pain, physiotherapists, physiotherapy students, educators, researchers)



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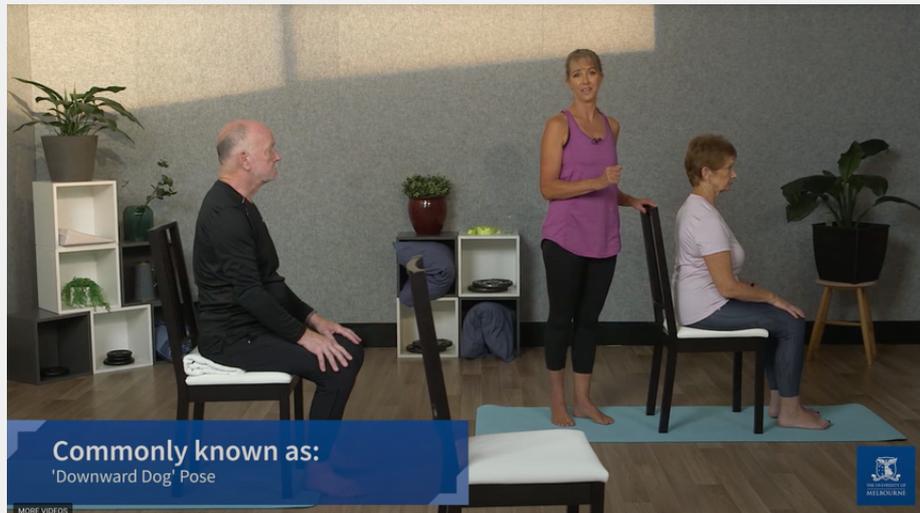
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# My Joint Yoga

<https://myjointyoga.com.au/>



My Joint Yoga provides a 3 month modified yoga exercise program which can be completed independently at home by watching pre-recorded yoga sessions online.

Yoga is one form of land-based exercise that can appeal to many people with osteoarthritis because it combines strength training and stretching in a low-impact setting along with a focus on breathing and relaxation.

The my joint yoga program has been designed in conjunction with yoga therapists, researchers, physiotherapists, and yoga instructors. The program has also received input from community members who have osteoarthritis and you will notice that we offer several options for poses throughout the program to allow for different abilities and fitness levels to participate.



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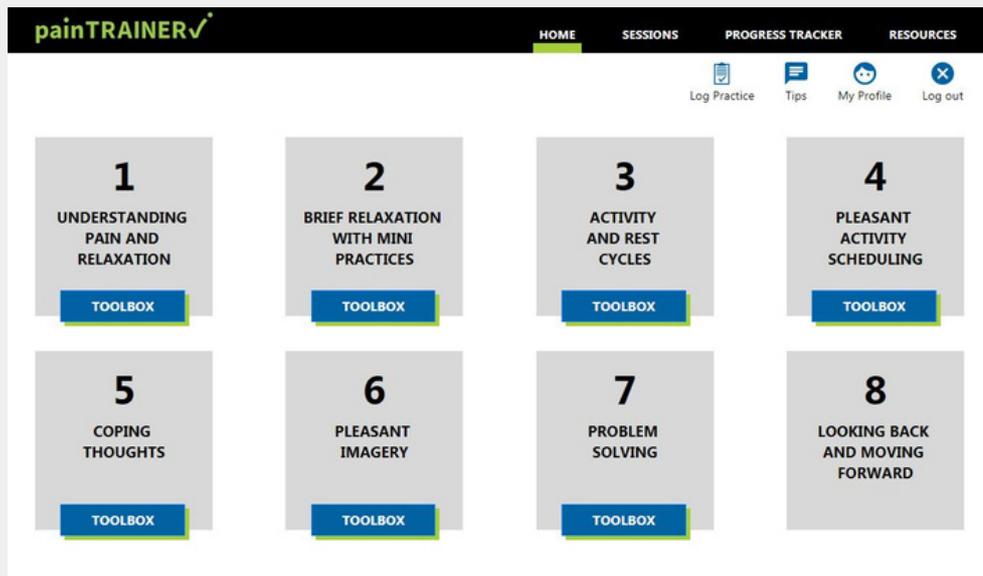


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# painTRAINER

[www.paintrainer.org/](http://www.paintrainer.org/)



The painTRAINER program is an interactive, online program that teaches people with chronic pain effective strategies to manage their pain. The painTRAINER program is made up of 8 sessions, each lasting about 30–45 minutes. It is recommended that one session per week is completed. The painTRAINER program uses techniques that have been tested in scientific research.

- Learn about how using pain coping skills changes the way one reacts to pain.
- Learn a variety of pain coping skills and how to use them in everyday life.
- Practicing the skills is an important part of the program.
- Contains useful resources to log skills practice and set reminders with a workbook that is provided digitally so that people can print/download for their own use.
- Available free-of-charge to all users (e.g. people with persistent pain, physiotherapists, physiotherapy students, educators, researchers)



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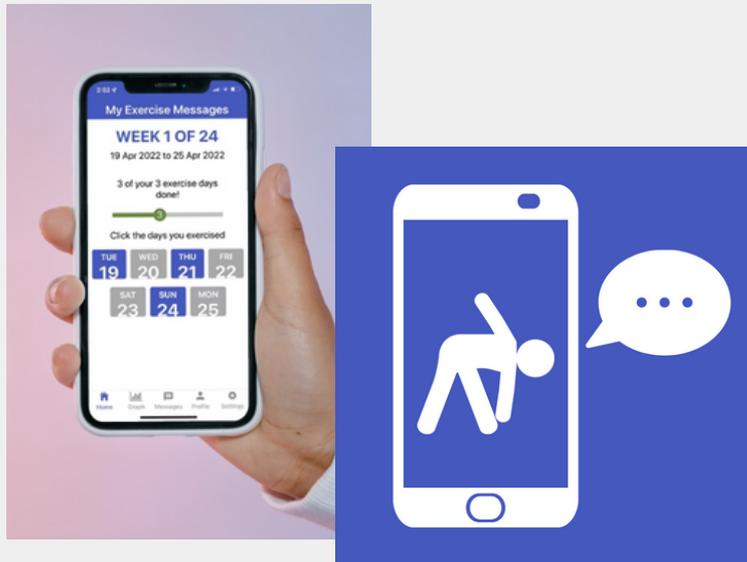
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# My Exercise Messages

[Apple App Store](#) & [Google Play](#)



My Exercise Messages is a free and easy to use app designed to support people with osteoarthritis (chronic lower limb joint pain) stick to regular exercise. It can be used with any exercise program prescribed by a health professional. Simply download the app created by physiotherapists at The University of Melbourne, allow notifications, and input your weekly exercise goal.

## HOW MY EXERCISE MESSAGES WORKS

People will tell the app how many times each week they are aiming to exercise, as well as the duration of their exercise program (up to 24 weeks). Each week (or fortnight as they progress through the program) they'll receive a notification prompting them to record in the app how many exercise sessions they completed in the last week. They are also be asked if they encountered any obstacles getting their exercises done. Then receive tailored messages designed to encourage them to continue their weekly exercises as well as messages to help them overcome any obstacles, if they encountered them.



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