

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

English



Chinese



<https://chesmeducation.org/courses/taking-control-of-your-hip-and-knee-osteoarthritis/>

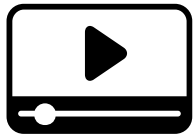
Available in Chinese:



My Knee Exercise

www.mykneexercise.org.au

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



Knee pain information video

<https://www.youtube.com/watch?v=o8ZJN56aSic>

Available in Italian: https://www.youtube.com/watch?v=KTIXbT_QFLO

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

English



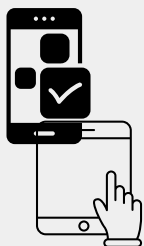
Italian



painTRAINER

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



Patient Resources



My Joint Tai Chi

<https://myjoint-taichi.org/>

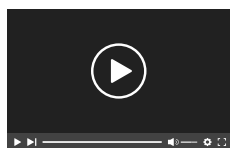
Self-directed 3-month online Tai Chi program plus educational information for people with hip/knee osteoarthritis



My Hip Exercise

<https://myhipexercise.org.au/>

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

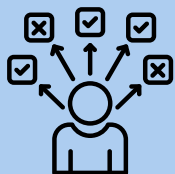


Osteoarthritis educational videos

Videos from experts that explains about osteoarthritis and pain as well as the importance of exercise and weight loss to help manage the condition



<https://healthsciences.unimelb.edu.au/departments/physiotherapy/chesm/video-library/education/osteoarthritis-educational-videos>



ACL Injury Treatment Decision Aid

<https://www.aclinjurytreatment.com/>

An evidence-based tool with the aim to help people with a complete ACL tear make an informed choice about their treatment that aligns with their values, lifestyle and preferences,



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Centre for Health, Exercise and Sports Medicine
Department of Physiotherapy, University of Melbourne



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Taking Control of Your Hip and Knee Osteoarthritis

<https://chesmeducation.org/courses/taking-control-of-your-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.



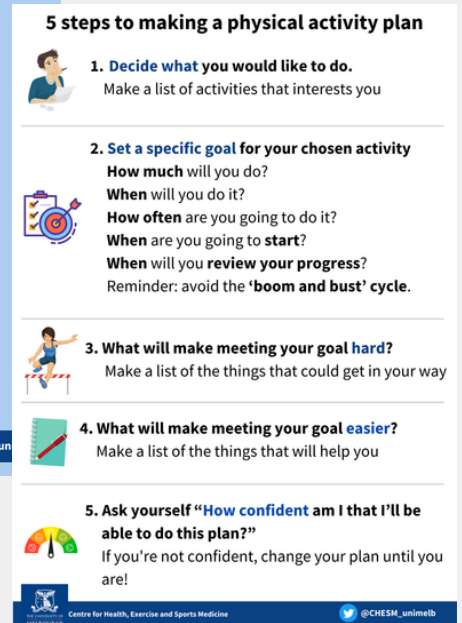
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AVAILABLE IN CHINESE



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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

Knee pain information video

<https://www.youtube.com/watch?v=o8ZJN56aSic>



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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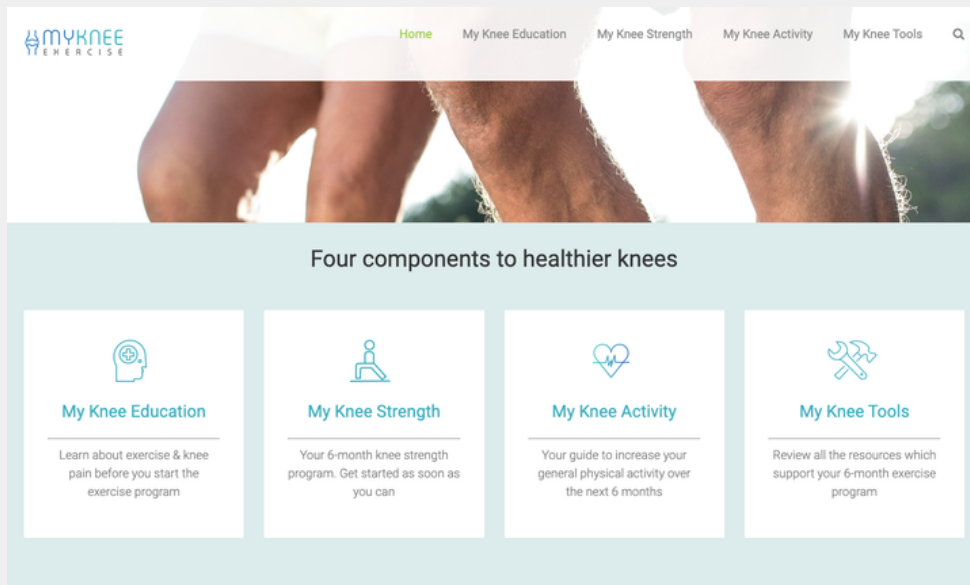
ALSO AVAILABLE IN ITALIAN

https://www.youtube.com/watch?v=KTIXbT_QFLO



My Knee Exercise

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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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.



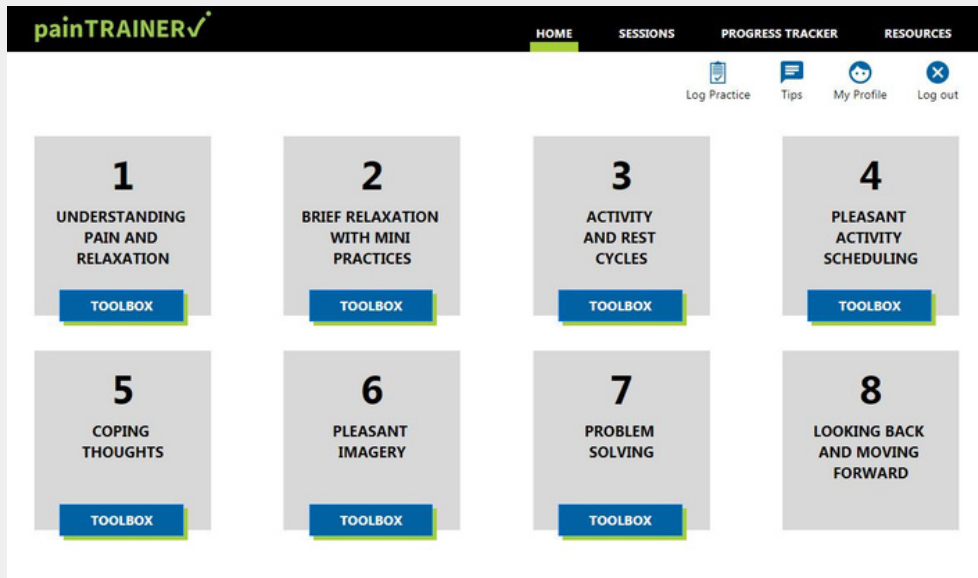
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painTRAINER

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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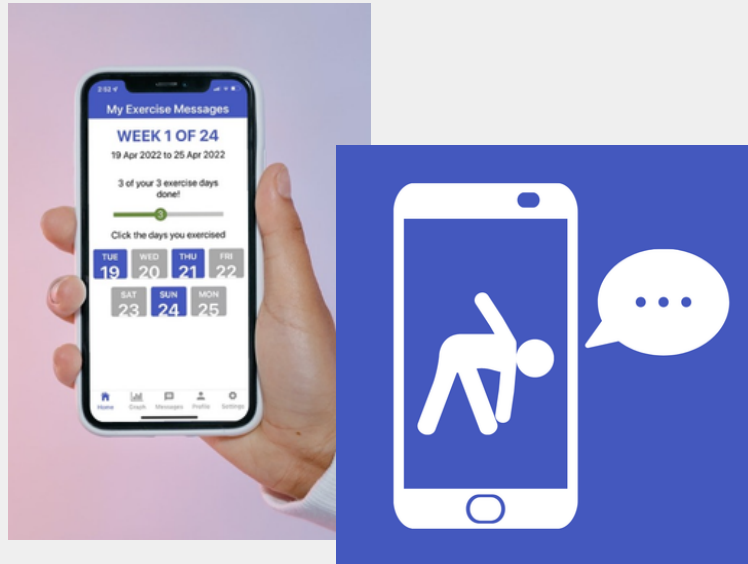


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My Exercise Messages

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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Department of Physiotherapy, University of Melbourne

My Joint Tai Chi

<https://myjoint-taichi.org/>



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

Specifically, scientific evidence shows that Tai Chi and Qigong have benefits for people with osteoarthritis. The slow and flowing movement helps alleviate joint pain and improves joint flexibility and muscle strength. This then allows you to move more freely with less discomfort in your daily activities. Practising Tai Chi and Qigong provides a holistic approach to improving physical and mental well-being for people with knee osteoarthritis.

My Joint Tai Chi has been developed and designed by researchers within the Centre for Health, Exercise and Sports Medicine at The University of Melbourne, working with physiotherapists, Tai Chi experts and people with knee osteoarthritis. It has been designed for people over 45 years of age with persistent knee pain or osteoarthritis. The website's purpose is to provide evidence-based information to help people manage their painful knee condition.



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Osteoarthritis Educational Videos

<https://healthsciences.unimelb.edu.au/departments/physiotherapy/chesm/video-library/education/osteoarthritis-educational-videos>



There is a collection of short videos from our expert researchers and people living with osteoarthritis sharing their tips on how to manage osteoarthritis.

The 12 videos cover the topics of:

- Osteoarthritis - Diagnosis and symptoms
- Osteoarthritis - Core treatments
- Osteoarthritis - Benefits of weight loss
- Osteoarthritis - Weight loss strategies
- Osteoarthritis - Benefits of exercise and physical activity
- Osteoarthritis - Exercise is safe
- Osteoarthritis - Exercise and pain
- Osteoarthritis - Managing pain from exercise
- Osteoarthritis - Tips for starting exercise
- Osteoarthritis - Tips for sticking to regular exercise
- Osteoarthritis - Jennie's story
- Osteoarthritis - Max's story



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ACL Injury Treatment Decision Aid

<https://www.aclinjurytreatment.com/>



This ACL injury treatment decision aid is an evidence-based tool for people who have an ACL injury, their friends, family and healthcare providers. Its aim to help people with a complete ACL tear make an informed choice about their treatment that aligns with their values, lifestyle and preferences, and help them choose whether surgery or a non-surgical treatment option is best for them.

The decision aid was produced by a team of clinician researchers, led by A/Prof Steph Filbay at the Centre for Health, Exercise & Sports Medicine (CHESM) at the University of Melbourne.



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