

Centre for Health, Exercise & Sports Medicine

Patient and Clinician 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



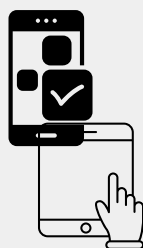
Italian



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



THE UNIVERSITY OF
MELBOURNE

JOIN our Knowledge
Translation Network for
more at:

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



@CHESM_unimelb



/CHESMunimelb



/company/chesm

Patient Resources



My Joint Tai Chi

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

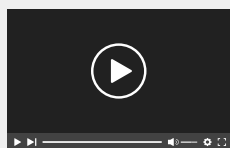
Self-directed 3-month online Tai Chi program plus educational information for people with hip/knee osteoarthritis



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,



THE UNIVERSITY OF
MELBOURNE

JOIN our Knowledge
Translation Network for
more at:

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



@CHESM_unimelb



/CHESMunimelb



/company/chesm

Clinician Resources



Physiotherapy Exercise And physical activity for Knee osteoarthritis (PEAK)

<https://chesmeducation.org/courses/physiotherapy-exercise-and-physical-activity-for-knee-osteoarthritis-peak/>

Available in Spanish, Portuguese, and Chinese.

4-module online educational course for physiotherapists in how to implement best practice care to people with knee osteoarthritis, delivered through one to-one consultations either in-person or via videoconferencing (using Zoom platform).



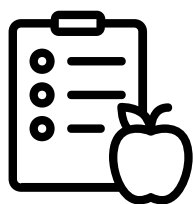
Spanish



Portuguese



Chinese



EduWeight: Weight Management for Adult Patients with Chronic Disease

<https://chesmeducation.org/courses/eduweight-weight-management-for-adult-patients-with-chronic-disease/>

6-module online educational course for health care professionals that aims to increase one's confidence and skills in having discussions about weight and supporting positive behaviour change for lifestyle behaviours related to weight management for their patients with chronic diseases



ATLAS

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

An eLearning program of high quality arthritis education for best practice arthritis care.



Knee and hip exercise toolkit for clinicians

<https://blogs.unimelb.edu.au/exercisetoolkit/>

A toolkit with expert recommendations about how to deliver exercise therapy for people with hip/knee osteoarthritis, along with practical tools and resources to assist clinicians in implementing best-practice exercise therapy



Telehealth-administered performance-based tests for lower limb musculoskeletal pain

A clinician user manual outlining how to adapt commonly used performance-based tests for patients with lower limb musculoskeletal pain when administered via telehealth



THE UNIVERSITY OF
MELBOURNE

JOIN our Knowledge
Translation Network for
more at:

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



@CHESM_unimelb



/CHESMunimelb



/company/chesm

Clinician Resources



Core capability frameworks for physiotherapy care via videoconferencing and telephone

These frameworks highlight the capabilities that physiotherapists need to deliver high quality care remotely via these technologies



Core capability framework for clinicians to optimise care for osteoarthritis

This framework highlights the capabilities that clinicians need when managing a patient with osteoarthritis



JOIN our Knowledge Translation Network for more at:



We have established a network from around the world in order to:
Share research findings.

Provide opportunities to volunteer/participate in studies for the general public and clinicians.

Invite you to collaborate with us on our research activities.

Provide you with patient and clinician resources that are developed by CHESM as a result of our studies.

We are excited to have >2,700 clinicians and >3,500 people from over 70 different countries involved in the network already!

Joining is free of charge and we will intermittently email you to share and update you with opportunities.

PATIENT RESOURCES

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.



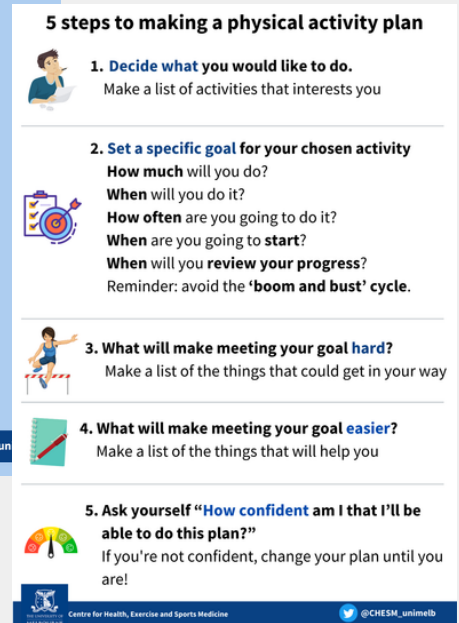
**SCAN THE QR CODE TO
ACCESS THE WEBSITE**

AVAILABLE IN CHINESE



**Centre for Health,
Exercise and Sports
Medicine**

Department of
Physiotherapy,
University of Melbourne



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



**Centre for Health,
Exercise and Sports
Medicine**

Department of
Physiotherapy,
University of Melbourne

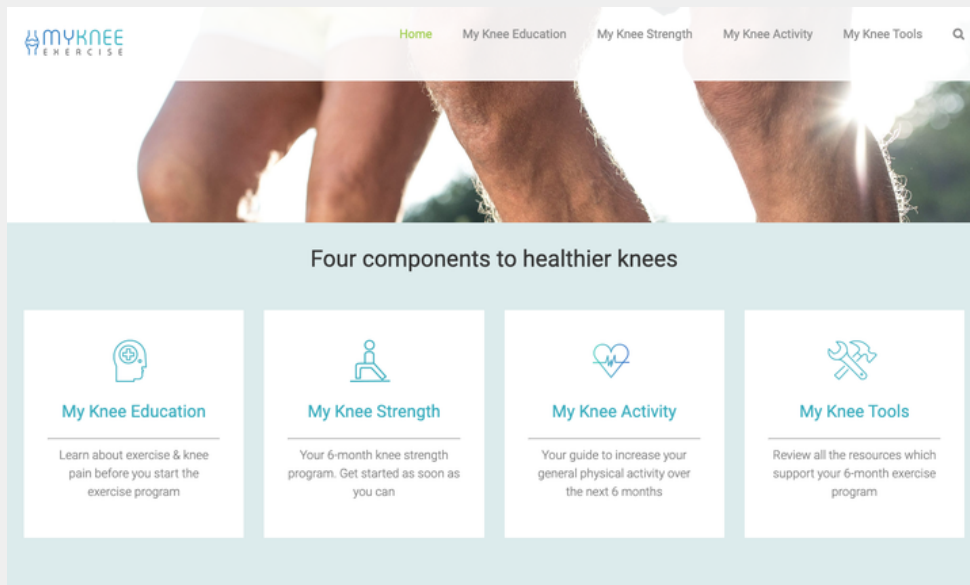
ALSO AVAILABLE IN ITALIAN

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)



**SCAN THE QR CODE TO
ACCESS THE WEBSITE**



**Centre for Health,
Exercise and Sports
Medicine**

Department of
Physiotherapy,
University of Melbourne

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.



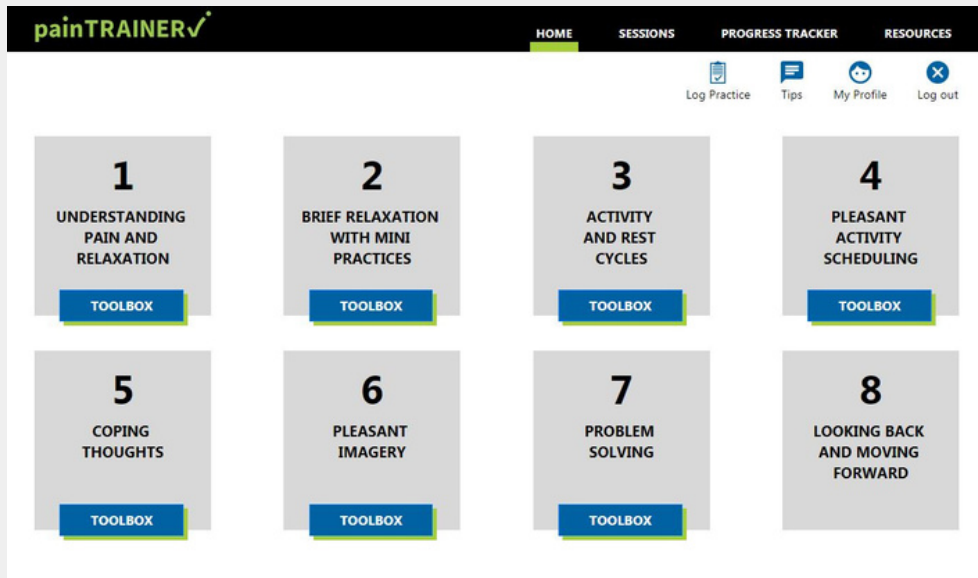
**SCAN THE QR CODE TO
ACCESS THE WEBSITE**



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

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)



**SCAN THE QR CODE TO
ACCESS THE WEBSITE**

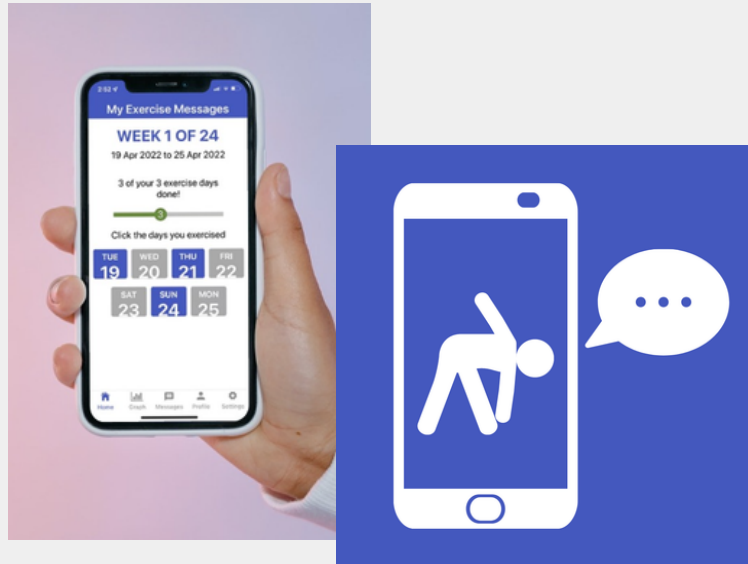


**Centre for Health,
Exercise and Sports
Medicine**

Department of
Physiotherapy,
University of Melbourne

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.



Centre for Health, Exercise and Sports Medicine
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.



**Centre for Health,
Exercise and Sports
Medicine**

Department of
Physiotherapy,
University of Melbourne

**SCAN THE QR CODE TO
ACCESS THE WEBSITE**



My Hip Exercise

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



My Hip Exercise guides people with knee pain through education about hip 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 hip pain, and exercise programs so people have a reference for proper form
- Designed for people over 45 years of age experiencing persistent hip pain or osteoarthritis
- Available free-of-charge to all users (e.g. people with hip pain, physiotherapists, physiotherapy students, educators, researchers)



**SCAN THE QR CODE TO
ACCESS THE WEBSITE**



**Centre for Health,
Exercise and Sports
Medicine**

Department of
Physiotherapy,
University of Melbourne

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



**Centre for Health,
Exercise and Sports
Medicine**

Department of
Physiotherapy,
University of Melbourne

**SCAN THE QR CODE TO
ACCESS THE WEBSITE**



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.



**SCAN THE QR CODE TO
ACCESS THE WEBSITE**



**Centre for Health,
Exercise and Sports
Medicine**

Department of
Physiotherapy,
University of Melbourne

CLINICIAN RESOURCES

PEAK

PHYSIOTHERAPY EXERCISE AND PHYSICAL ACTIVITY FOR KNEE OSTEOARTHRITIS (PEAK) ONLINE TRAINING MODULES

<https://chesmeducation.org/courses/physiotherapy-exercise-and-physical-activity-for-knee-osteoarthritis-peak/>



Who is the course for?

Physiotherapists, physiotherapy students, educators, researchers and other health professionals

Implement best-practice care to people with knee osteoarthritis

This 4-week course we guide physiotherapists in how to implement best-practice care to people with knee osteoarthritis, delivered through one-to-one consultations, via videoconferencing (using the Zoom platform) or during face-to-face, in-person consultations. The PEAK program focuses on education, prescription of a strengthening exercise program and a physical activity plan, and using minimal exercise equipment (e.g. elastic resistance bands and/or body weight) to enable patients to perform exercise independently at home. A suite of useful patient resources are provided, so that physiotherapists may print/download them or use with their patients in a clinical setting.

What will learners achieve?

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

- Describe the best-practice management of knee osteoarthritis, based on the latest research evidence
- Summarise osteoarthritis, its prognosis and common treatment approaches, including the benefits of exercise and strategies for staying physically active to patients.
- Apply a structured program of education, strengthening exercises and an individualised physical activity plan with clients who have persistent knee pain.
- Perform delivery of the PEAK program in a clinical setting, during both face-to-face consultations and via telehealth.

Available in Spanish, Portuguese, and Chinese.



**Centre for Health,
Exercise and Sports
Medicine**

Department of
Physiotherapy,
University of Melbourne

SCAN THE QR CODE TO ACCESS THE WEBSITE

Spanish



Portuguese



Chinese



EduWeight

EduWeight: Weight Management for Adult Patients with Chronic Disease

<https://chesmeducation.org/courses/eduweight-weight-management-for-adult-patients-with-chronic-disease/>



Who is the course for?

Clinicians working with adult patients with chronic diseases who would benefit from weight management.

Improve clinicians' confidence and skills in helping their patients manage their weight

Lifestyle behaviours related to weight management are important in treating chronic disease, but clinicians often lack confidence and skills in having discussions about weight and supporting positive behaviour change. This six-week EduWeight course from the University of Melbourne is designed to change that.

What will learners achieve?

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

- Describe to patients on the associations and mechanisms linking overweight with chronic diseases, and the benefits of weight loss
- Explain to patients about the physiological mechanisms of weight regulation, weight loss and weight re-gain
- Assess a variety of dietary interventions, work with the patient to identify which intervention would suit their needs and direct them to the information they need to get started
- Develop an understanding of weight stigma and examine one's own beliefs about weight
- Apply a communication approach for having weight management discussions with patients in a positive, supportive, non-stigmatizing manner
- Apply behaviour change techniques, including motivational interviewing, into your patient interactions to promote behaviour change

**Centre for Health,
Exercise and Sports
Medicine**

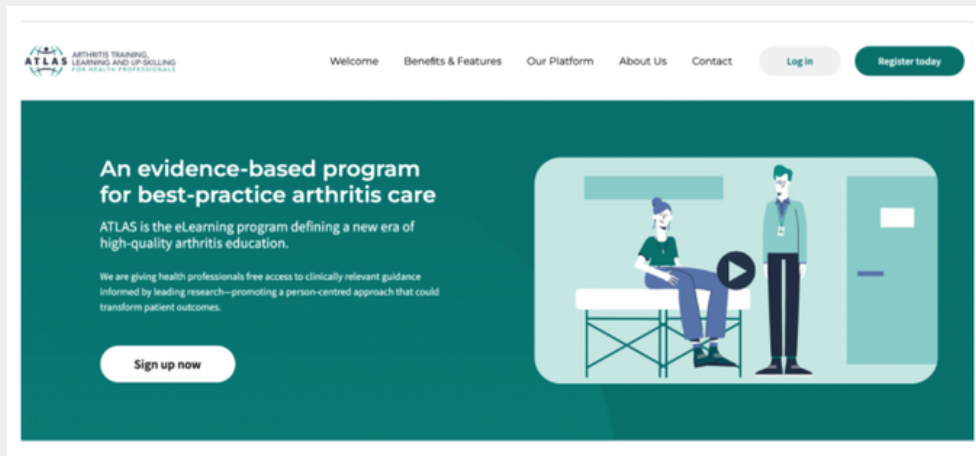
Department of
Physiotherapy,
University of Melbourne



**SCAN THE QR CODE TO
ACCESS THE WEBSITE**

ATLAS

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



ATLAS is an eLearning program of high quality arthritis education for best practice arthritis care.

In 2019, the Australian Government's National Strategic Action Plan for Arthritis identified a need to improve care for people living with arthritis—ATLAS was one of the key implementation strategies of the Plan. Funded by the Australian Government, ATLAS was developed by a consortium of leading clinicians, researchers (University of Sydney, University of Melbourne, Curtin University), and advocacy organisations (Arthritis and Osteoporosis Western Australia, Australian Rheumatology Association) brought together by Arthritis Australia.

The ATLAS team developed the eLearning platform over 2022-2024 and launched in early 2024.



**Centre for Health,
Exercise and Sports
Medicine**

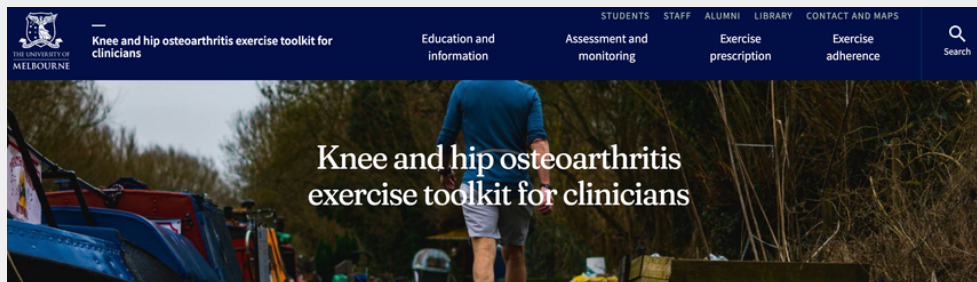
Department of
Physiotherapy,
University of Melbourne



**SCAN THE QR CODE TO
ACCESS THE WEBSITE**

Knee and hip exercise toolkit for clinicians

<https://blogs.unimelb.edu.au/exercisetoolkit/>



Who is the course for?

Physiotherapists, physiotherapy students, educators, researchers and other health professionals

Implement exercise treatment for people with hip and knee OA

International clinical guidelines recommend exercise as a first-line strategy in the management of people with hip/knee osteoarthritis. This is because research shows exercise can improve pain, physical function and quality of life in hip/knee osteoarthritis.

Unfortunately, exercise is under-utilised as a treatment option and some health care professionals lack knowledge, skills and confidence about how to manage people with hip/knee osteoarthritis, including the use of exercise.

Informed by a literature review of existing evidence, we conducted an international multi-disciplinary consensus project to develop expert recommendations for the delivery of therapeutic exercise for people with hip/knee osteoarthritis. This project also identified the practical resources to include in a toolkit to aid implementation of exercise treatment for people with hip/knee osteoarthritis.

**Centre for Health,
Exercise and Sports
Medicine**

Department of
Physiotherapy,
University of Melbourne



**SCAN THE QR CODE TO
ACCESS THE WEBSITE**



Telehealth-administered performance-based tests for lower limb musculoskeletal pain

Who is this manual for?

Physiotherapists, physiotherapy students, educators, researchers and other health professionals

Provides guidance for the administration of performance-based tests by clinicians to for people with chronic lower limb musculoskeletal pain.

Set up and directions provided for:

- 30 second chair stand test
- Stair climb test
- Timed up and go test
- Step test
- Timed single-leg stance test
- Calf raise test

PERFORMANCE-BASED TESTS FOR LOWER LIMB MUSCULOSKELETAL PAIN

User manual for telehealth assessment



Produced by the Centre for Health, Exercise and Sports Medicine, The University of Melbourne



**SCAN THE QR CODE TO
ACCESS THE WEBSITE**

**Centre for Health,
Exercise and Sports
Medicine**

Department of
Physiotherapy,
University of Melbourne



Core Capability Frameworks

International core capability framework for physiotherapists to deliver quality care via videoconferencing and telephone

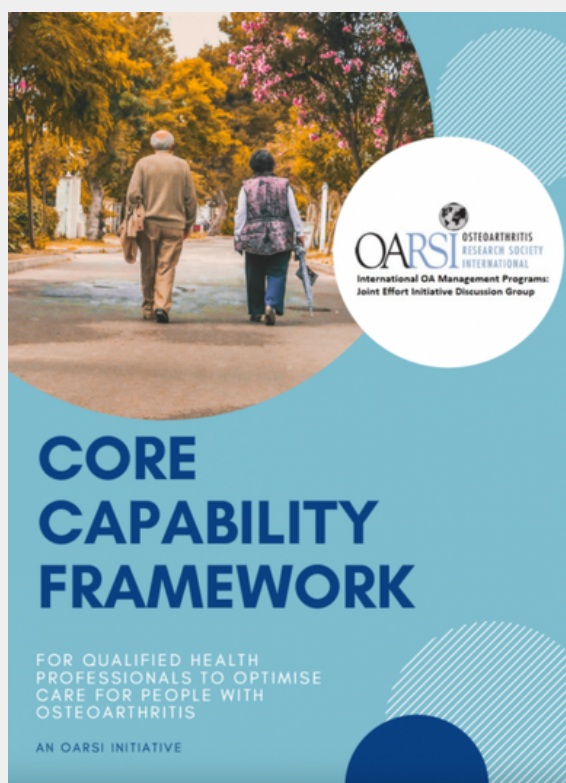
This framework outlines the core knowledge and skills that are required of physiotherapists when delivering quality care via videoconferencing and telephone. It was established using an international panel including physiotherapy researchers and clinicians, representatives of physiotherapy organisations and consumers. The videoconferencing framework contains 60 specific capabilities across 7 areas of compliance, patient privacy and confidentiality, patient safety, technology skills, telehealth delivery, assessment and diagnosis, and care planning and management. The telephone framework contains 44 specific capabilities across 6 of these areas.



**SCAN THE QR
CODE TO ACCESS
THE WEBSITE**



Core capability framework for health professionals to optimise care for people with osteoarthritis



This trans-disciplinary capability framework for health professionals was developed using an international panel to achieve expert consensus on what core capabilities are required to optimise care for people with osteoarthritis. The framework contained 70 specific capabilities across 13 broad areas, highlighting the need for a broad and diverse array of skills required to provide optimal care for people with osteoarthritis. Implementation of the core capability framework will ultimately improve the overall quality of care and effectiveness of osteoarthritis services and improve outcomes for people with the condition.

**SCAN THE QR
CODE TO ACCESS
THE WEBSITE**



**JOIN our Knowledge Translation
Network for more at:**



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



@CHESM_unimelb



/CHESMunimelb



/company/chesm