

ARTHRITIS EXERCISE CLASSES



At the Kalamunda Physiotherapy Centre

Our arthritis classes provide education and self-management techniques for those living with arthritic conditions such as OA, RA and Ankylosing Spondylitis. Classes should be done in a properly supervised and continually monitored environment, **just like we have here at the Kalamunda Physiotherapy Centre.**

Classes are also available for

- Osteoporosis
- Post-surgical conditions (Joint replacement, spinal surgery)
- Core Stability
- Fit for Life and general well-being
- Arthritic conditions
- Individualised strength requirements



Take a look at our
evidence-based
arthritis classes!

Hydrotherapy
benefits those
with arthritis

Correct technique
and proper
supervision is
essential

Speak to your
physiotherapist
about the benefits
of hydrotherapy to
improve arthritis
management

KALAMUNDA PHYSIOTHERAPY CENTRE

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Mon/Wed/Fri 10am and
11am