

Physiotherapy led Pilates & Fitness

Pro-align

Health & Lifestyle Coaching

Osteoarthritis is the most common form of arthritis. It is known as the 'wear & tear' of joints causing symptoms of pain, swelling, and loss of function. It can affect any joint of the body but is commonly seen in the knees and hips. Building control and strength in the hips, core and feet can make a huge positive impact on both pain and function. Although joint damage cannot be reversed it can definitely be delayed further with improved lower limb alignment and strength.

Ursula from Paddington has been suffering from OA for many years and started physio led Pilates classes to try to prevent the inevitable knee replacement.

Here's what she has to say...

"When I told my husband the other day that our Pilates class had been asked to identify tangible improvements he looked doubtful, and assumed I couldn't come up with anything. On the contrary, I could think of several improvements, even very basic ones such as being able to get dressed without having to hang on to a chair.

A few years ago the osteoarthritis in my knees could be so painful at times that I had to give up tennis, had trouble doing long walks, dreaded getting off buses with a big gap down to the pavement, and I remember an invitation to a wedding where there would be dancing sent me off to my GP for help. Cortisone injections laced with anaesthetics the day before did the trick, but that was no long term solution. I'd been advised I would at some stage need knee replacements, but I wanted to put that off as long as possible so I took up Pilates classes in the hope of strengthening the leg muscles into taking much of the strain off the knees.

After only 1 class a week with Pro-align, I can get up and down the stairs in our three storey terrace without pain, walk regularly from Paddington to Camperdown, and can get up from the beach without help from anyone else. I still cant kneel but last month we danced for hours at a wedding with no pain medication from the GP!."

"Nicest of all is that I can lift up my grandchildren to give them a big hug."



Pro-align offers Pilates based rehab classes under the supervision of physiotherapists. Classes are held weekly in Darlinghurst and health care rebates apply.