

OA of the Knee – What should I do?

PHN EDUCATION SESSION

Most people over the age of 50 have some age-related structural changes in the knee. By 2030, 1.55 million people in Australia are expected to have OA affecting their knees. In this webinar we will discuss prevention, best practice management of this disease, and how to refer to conservative treatment options.

Learning Objectives:

- 1) Be able to identify signs and symptoms of knee osteoarthritis
- 2) Be able to identify 3 core elements of best practice, evidence based conservative treatments for knee osteoarthritis

SPEAKERS: **Claire Doherty OAM** is a senior outpatient's physiotherapist at Tamworth Rural Referral Hospital. She has a passion for keeping people fit and moving and applying evidence-based care especially for chronic health conditions. Claire has GLAD* accreditation and has been running GLAD and after GLAD classes at Tamworth since 2019.



Gemma Model is currently working as Health Service Manager for Community Health and Allied Health in Armidale. She has worked as a physiotherapist for the Armidale Rural Referral Hospital for over 30 years, with a strong interest in fracture clinic and paediatrics. She has completed GLAD training and is keen for patients to be offered alternatives to surgery and has begun classes for patients to try and change that.



WHO: **GPs, Registrars, Nurses, Allied Health Providers**

WHEN: **Wednesday 3rd August 2022 7-8pm**

WHERE: **Via GoToWebinar**

RSVP: **Please [CLICK HERE](#) to register**

NOTE: * GLA:D®, Good Life with osteoArthritis: Denmark, is an education and exercise program developed by researchers in Denmark for people with hip or knee osteoarthritis symptoms