



A GP's Guide to Arthritic Symptoms in Cooler Months

Why physiotherapy
is the answer for
happier patients

In Australia, just under
3.7 million people
(14.5%)
reported arthritic
symptoms in 2022

**At Benchmark Physiotherapy,
we know you're not a stranger to
arthritis. So why should you care
now?**

Winter is on its way - and while the true relationship between arthritis and cold weather isn't fully understood, your patients will likely recognise more discomfort than usual.

The Facts

1

Changes in barometric pressure, often occurring during colder weather, can affect joint pain and stiffness in individuals with arthritis.

2

Patients are less likely to engage in regular physical activity in colder weather, which can exacerbate arthritis symptoms.

3

Cold weather and shorter daylight hours during winter often have a psychological impact on patients. This increased stress can make arthritis symptoms feel worse.

4

Patients are more likely to indulge in comfort foods during winter, often resulting in a higher sugar, salt and saturated fat intake. The increased consumption of foods of this nature can further increase inflammation and arthritis symptoms.



Your patient's best form of treatment is proactive physiotherapy. Here's why:



Improved Joint Function:

Decreased Pain = decreased need for medication. Physiotherapy using a variety of manual therapy techniques, specific individualised exercise programs and Clinical Pilates enhances joint flexibility and strengthens surrounding muscles. This leads to less pain and decreases the need for medication. It also allows for improved mobility and function.



Individualised Treatment:

Physiotherapy offers personalised treatment plans specifically tailored to each patient's needs, addressing specific weaknesses and limitations.



Limit Progressive Deterioration:

Physiotherapy provides methods to reduce pain and improve function helping to limit the progressive nature of arthritis and the possible need for invasive procedures like surgery.



Education and Self-management:

Our team prioritises educating patients on arthritis management, including posture correction and self-care techniques for symptom relief.



Multidisciplinary Collaboration:

Our physiotherapists are committed to collaborating with other healthcare professionals to ensure comprehensive care for patients with arthritis.

Did you find this information useful?

Visit the **Benchmark Physiotherapy General Practitioners Hub** for more valuable resources to empower your patient for better outcomes with physiotherapy.

Contact us to find out more about how we can help your patients reach their potential.

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