

JOINT PAIN?

Struggling to do the things you used to do?

There are ways you can help yourself!

Take the positive path!



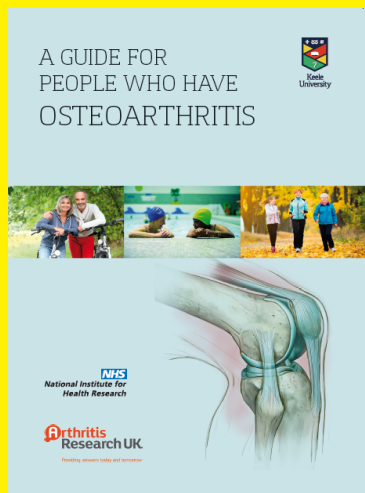
This leaflet has been designed by patients who are part of the LINK group (Lay Involvement in Knowledge Mobilisation) at the Research Institute for Primary Care and Health Sciences, Keele University

Email l.campbell@keele.ac.uk for more information



Our osteoarthritis guidebook and physiotherapy led support service can help you to take the first steps on the self-help pathway.....

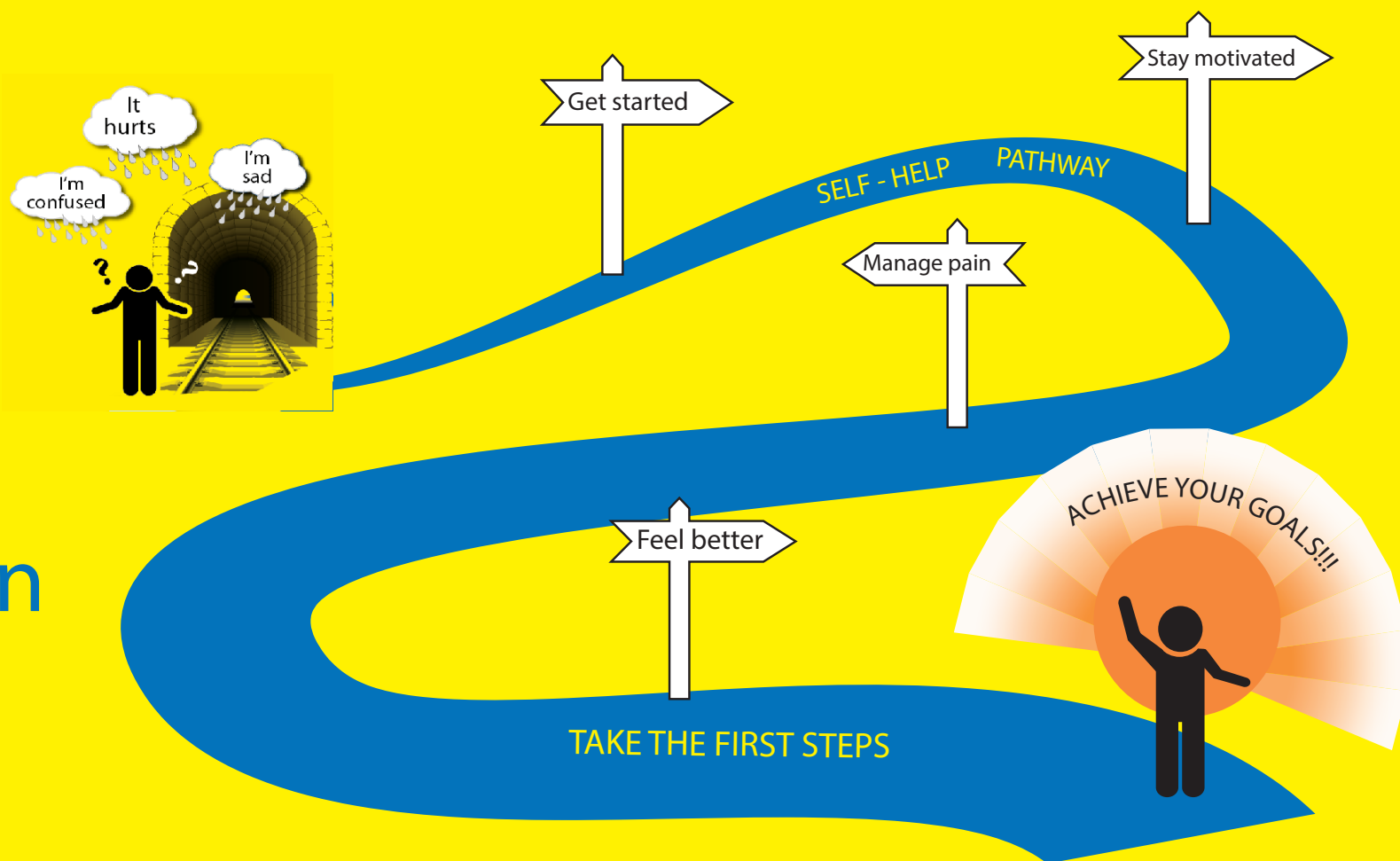
The Guidebook



To help and support you, you will receive an osteoarthritis guidebook. This has been put together by patients, researchers, physios and doctors to help you on the road to feeling better. It includes up to date advice on painkillers, exercises, coping tips and ideas to manage pain.

Ask
your GP
for more
information

Your GP will be able to talk through the service in more detail with you and answer your questions.



The Service

Based on new research from Keele University, the physiotherapy led support service and accompanying self-help guidebook aims to help you take the first steps on the path to feeling better. It has been specifically designed with help from patients with joint pain, just like you and is accessible through your GP. The service includes assessment, education, written information and management advice and will help you to set achievable goals to work towards.