

# ProMotion Institute



## *Arthritis in Motion*



**ProMotion**  
INSTITUTE at Coliseum Medical Centers  
and Macon Northside Hospital

**(478) 765-4884**

**[www.coliseumhealthsystem.com](http://www.coliseumhealthsystem.com)**

# COLISEUM MEDICAL CENTERS PROMOTION INSTITUTE

## Arthritis in Motion

### TARGET POPULATION

Patients age 45 and older with a diagnosis of osteoarthritis/chronic joint pain.

### OBJECTIVE

To provide patients with a program designed to decrease pain while increasing motion and ultimately improving function.

### OUTCOME

The patient will have a good understanding of the joint anatomy and how everyday mechanics can impact the joint integrity. The patient will also demonstrate understanding of a specific home exercise program and lifestyle adjustments that can improve their quality of life.

### APPROACH

8 physical therapy visits scheduled 2 times  
a week for 4 weeks

### COMPONENTS

- Physical therapy evaluation of joint motion, muscle strength, and mobility/gait
- Education for joint protection/home exercise program
- Exercise program consisting of range of motion, stretching and strengthening
- Exercise designed to improve function without increasing joint symptoms
- Instructions in use of assistive device with gait if appropriate

### PATIENT FOLLOW-UP

A phone call will be made within one month of the last visit to assess the patient's continued progress.

### PHYSICIAN FOLLOW-UP

The physician will receive a written initial evaluation. There will also be a 2-week status report sent by the physical therapist and discharge summary at completion of 8 physical therapy sessions. At 6th visit, a recommendation for further physical therapy will be provided if appropriate.