

# Osteoarthritis: Long-term evidence-based management

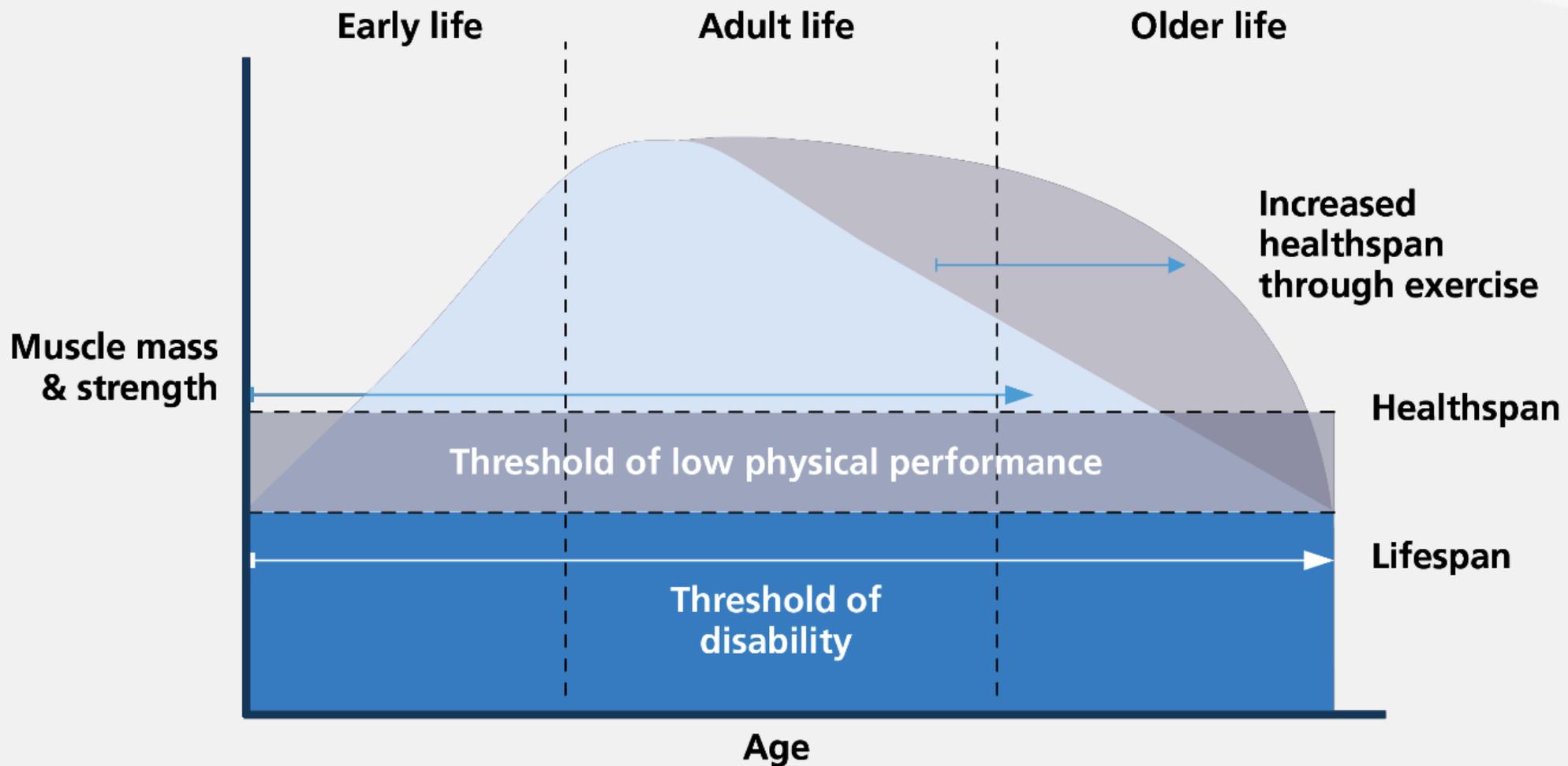
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Insights from Kane Chisholm



**A strong body is a pre-requisite for an active, pain-free and healthy life.”**

Werner Kieser



# Agenda

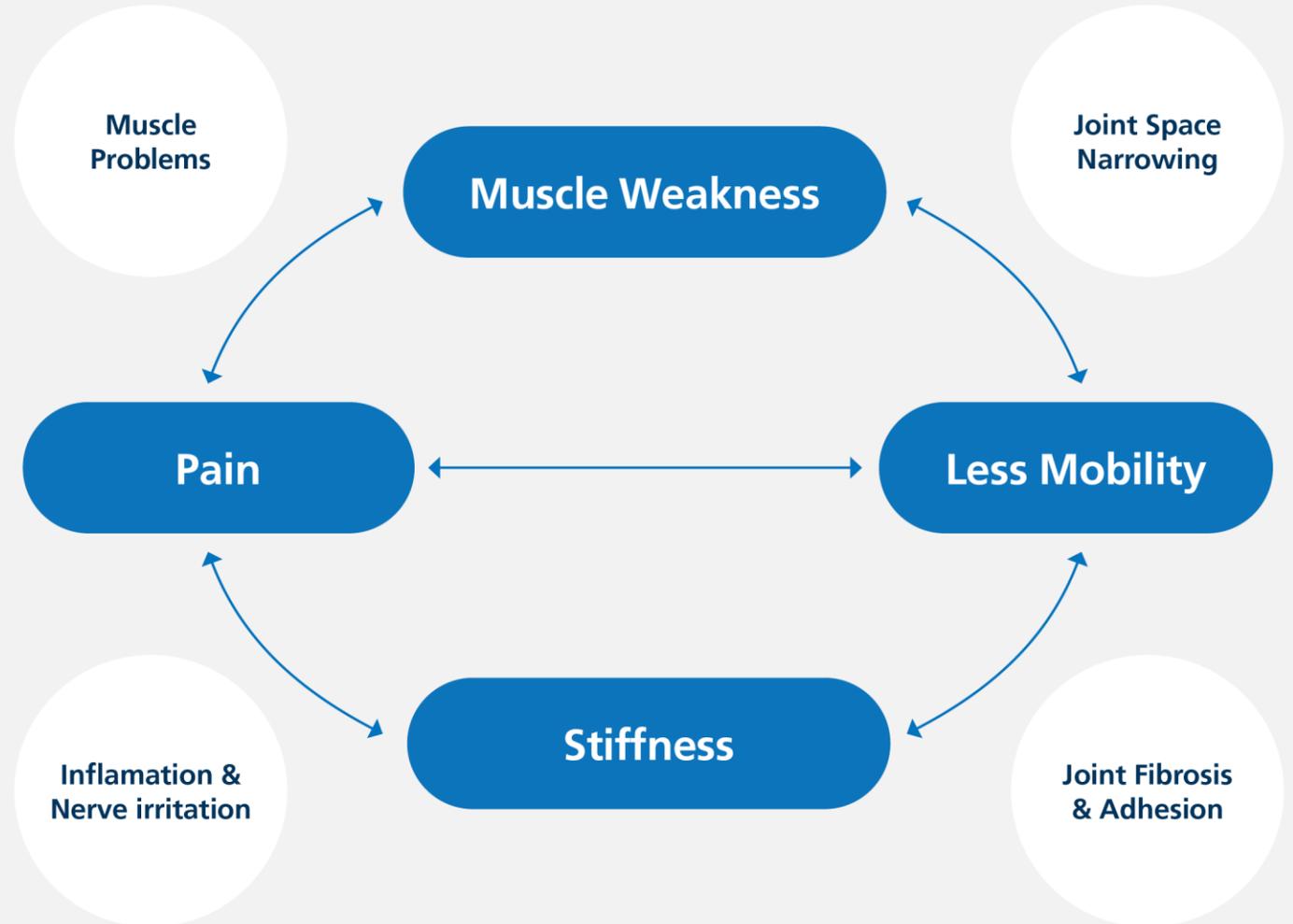
1. Defining osteoarthritis and its impact on Australians
2. Evidence-based management of Osteoarthritis
3. Private Health Insurance landscape is changing & how Kieser is leading the way

# Defining osteoarthritis

Osteoarthritis is a **long-term** condition where the cartilage, bone, and surrounding joint tissues gradually change their structure and **load tolerance, leading to pain, stiffness, and reduced function**

# Osteoarthritis Symptoms

- Pain and stiffness
- Swelling
- Reduced movement
- Crunching/grinding feeling
- Muscle weakness



# Osteoarthritis Impact on Life

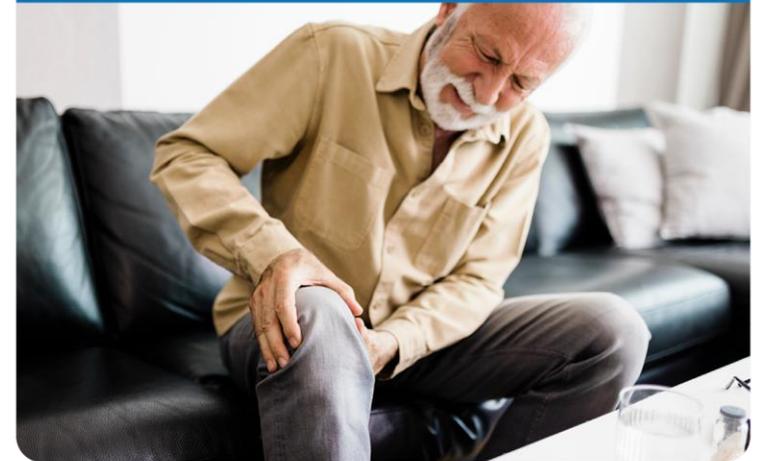
Everyday Activities  
Become Harder



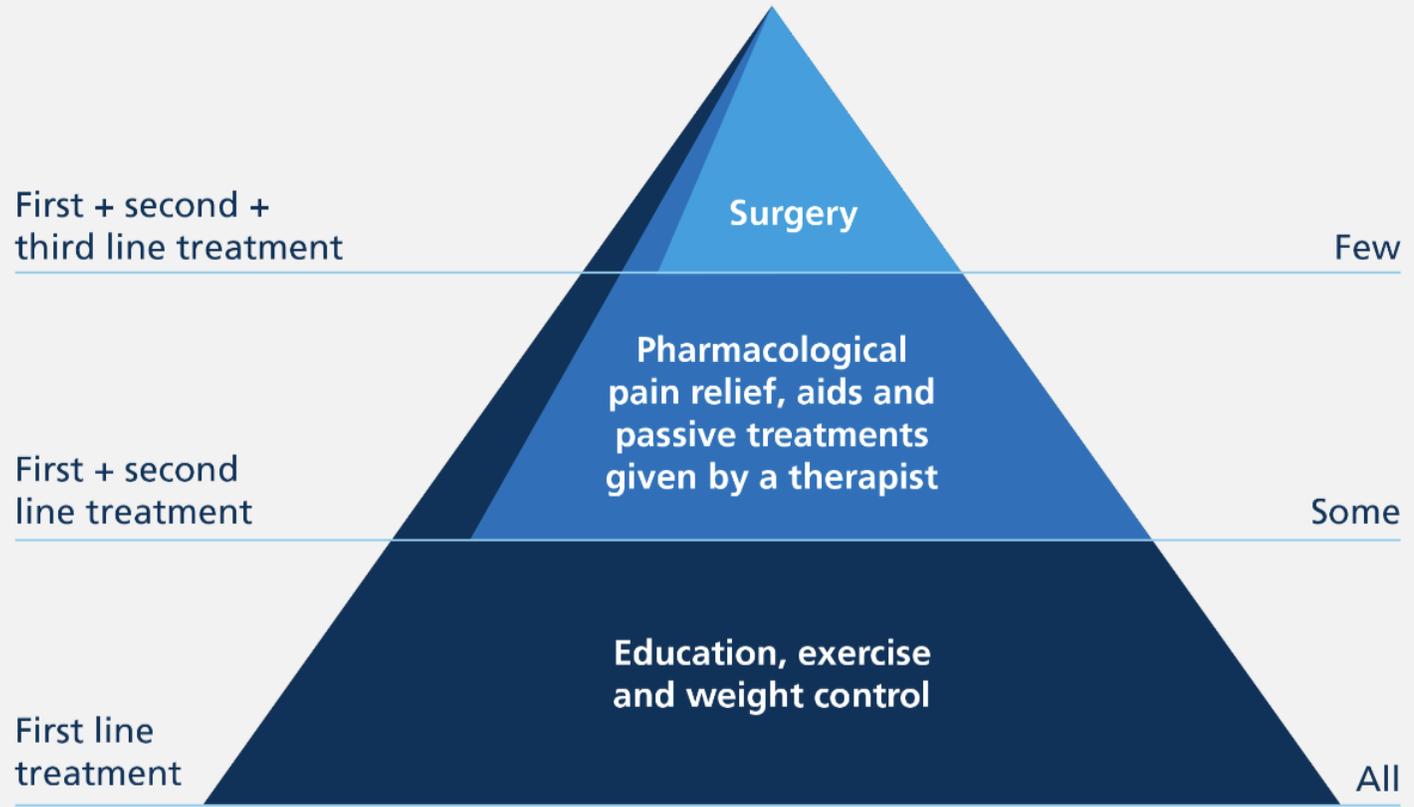
Work, Hobbies  
& Exercise Limited



Emotional Effects:  
Frustration & Stress



# Evidence based management for Osteoarthritis



Treatment Pyramid for Osteoarthritis

First line  
treatment

Education, exercise  
and weight control

All

# Knowledge is power

1. Fear & Threat Reduction
2. Behaviour change
3. Improves Adherence
4. Reduces over-medicalisation: Chasing a "quick fix"

Higher bodyweight → higher loads & more symptoms

How can I track all of this?

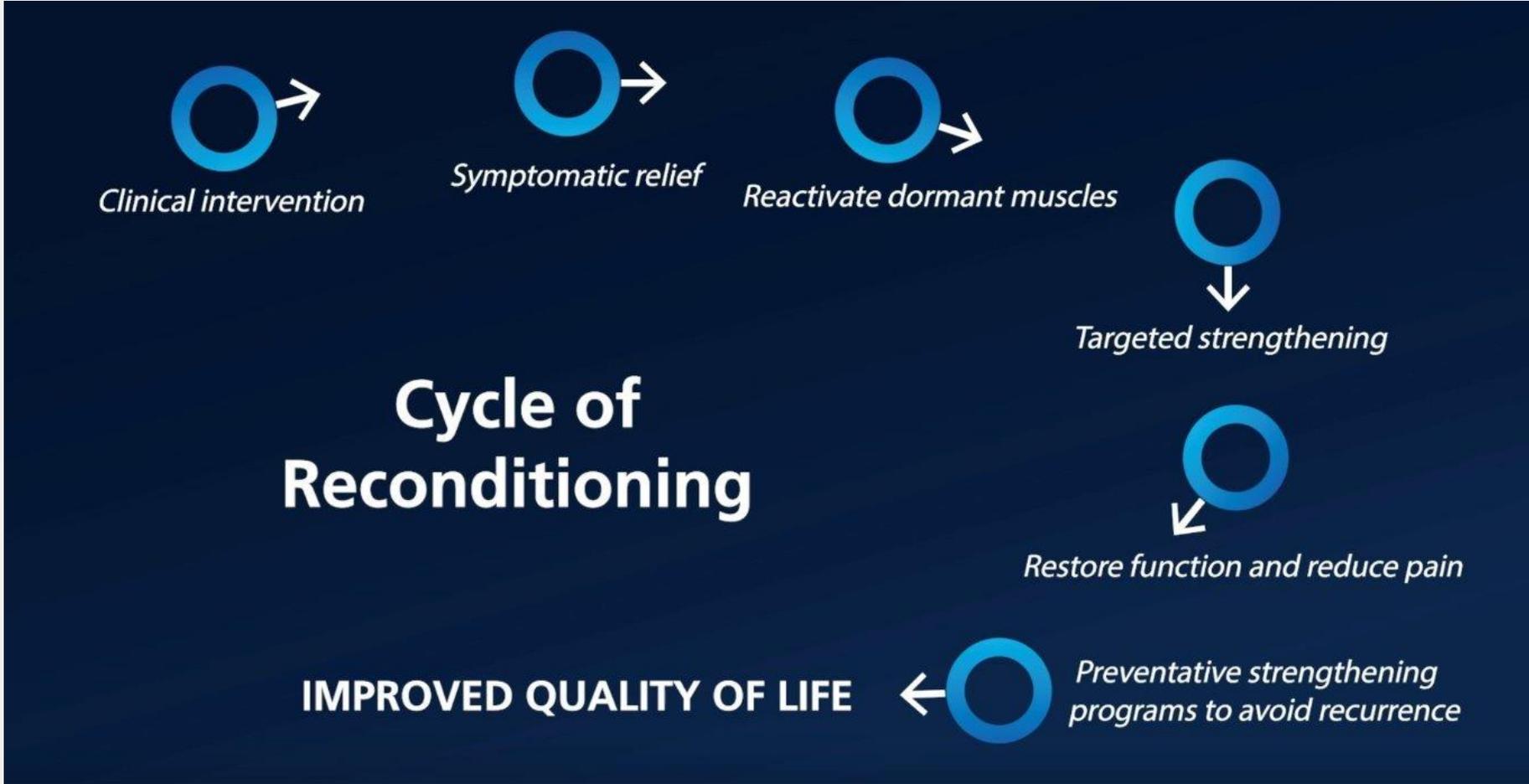
Every 1 kg lost  $\approx$  4 kg less force across the knee



# Strength Training Does Not "Fix" Joints, It Builds Capacity

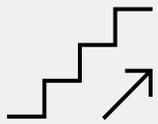
1. Reduces Joint Stress
2. Improves Tissue Tolerance
3. Calms Pain Sensitivity
4. Restores Confidence in Movement: "Use it or Lose It"

# The role of

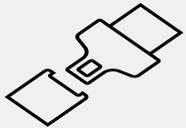


# What does the Science Say?

## How to turn the evidence into everyday steps



**Expect a Staged Recovery:** Early post-op focuses on pain control, mobility and safe strengthening; by 6–12 weeks you should be progressing heavier, functional strength work to restore daily activities and long-term resilience.



**It's Safe:** High-quality reviews find no increase in harms from structured progressive strengthening pre- or post-op when programs are appropriately dosed and supervised (Konnyu et al. 2022)

First + second  
line treatment

Pharmacological  
pain relief, aids and  
passive treatments  
given by a therapist

Some

# GP / Surgeon/ Physiotherapist/ Chiropractor/ Osteopath

1. Medications
2. Injections
3. Aids & Supports
4. Passive Treatments

# The change in Private Health Insurance

# Osteoarthritis: Cost and Impact to Australia

**2 mil +**

estimated  
Australians  
living with OA

**4 mil +**

estimated  
expenditure in the  
Australian health  
system for OA

**75k**

people on the  
waitlist for  
orthopaedic surgery  
(mostly joint  
replacements)

**25k**

anticipated joint  
replacements  
completed in  
Australia per  
year by 2030

**80% of Private Health Insurers  
now fully fund a 15-week  
osteoarthritis management  
program for new Kieser Clients**

## Clinician-led Care



## Train smarter, not longer

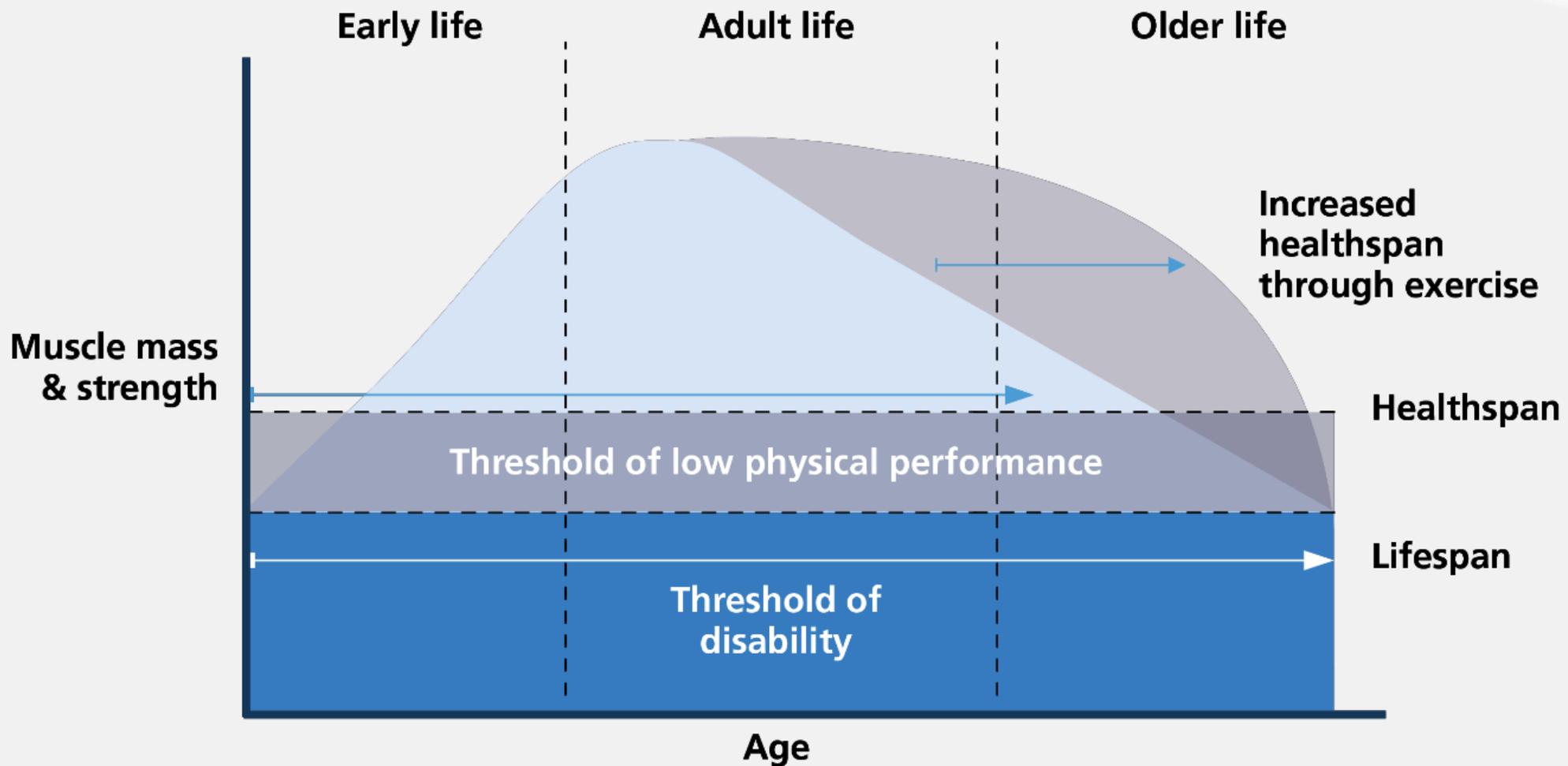


## Kieser Swiss- engineered machines



## Inclusive & distraction free environment







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