



170 Haydon Drive, BRUCE ACT 2617. Mail: PO Box 908, BELCONNEN ACT 2616. Phone: 6251 2055. Email: info@arthritisact.org.au

**From the CEO**  
Dear Members

## Arthritis ACT e-news

Thank you to everyone who has come along to our hydrotherapy sessions at the University of Canberra Hospital. It is such a lovely atmosphere there, bright and airy (but not cold!) and the water has been getting warmer and warmer each session. At present it is underutilized, so if you are wanting more space for your hydrotherapy, it might be a good option for you.

I have spoken to the Minister's Office this morning and it seems there will be the option to increase our sessions at the TCH pool and the pool will become available to other community groups whom are also desperate for hydrotherapy. This is wonderful news for our Canberra community.

A few months ago we commenced the peer mentors training course. I would like to thank the wonderful group of 12 individuals who are giving up their time to undertake this training, and will then be available in the community to anyone who needs support. They will be able to support both carers and people living with any sort of chronic disease or disability. We know that people who engage with support services provided by people who can share empathy through their own lived experience do better in life. It improves not only your own social and emotional life, but it improves your caring or you disease self-management. For us, it means we have healthier and happier people living in the community, and this benefits everyone in our community. Once our mentors finalise their study we will be taking referrals from anyone in the community who needs a supportive ear. We do hope you make the most of the opportunity.

Finally, we are the fortunate recipients of Music at Midday on Tuesday, 14 August. We encourage you to attend this wonderful concert. Details are in this newsletter.

Rebecca Davey

### Contact us

**Visit us:** 170 Haydon Dve  
Bruce ACT 2617

**Office hours:** 9am -3pm Monday - Friday

**Post:** PO Box 908, Belconnen ACT 2616

**Phone:** 1800 011 041

**E-mail:** [Info@arthritisact.org.au](mailto:info@arthritisact.org.au)

**Website:** [www.arthritisact.org.au](http://www.arthritisact.org.au)



Click [here](#)



Orthopaedics ACT

Remember our next presentation from  
Orthopaedics ACT will be

**Thursday 30 August at 6:15pm**

**Arthritis of the Knee**  
**Presented by Dr Al Burns**

Please book via [info@arthritisact.org.au](mailto:info@arthritisact.org.au)  
Or 6251 2055



## Community talks from Orthopaedics ACT

The team at Orthopaedics ACT have kindly put together a series of talks for our community. Please book with us (email [info@arthritisact.org.au](mailto:info@arthritisact.org.au) or phone 6251 2055). All talks are free and will be held at Orthopaedics ACT in Phillip unless we inform you otherwise

<b>Thu 30 Aug 18</b>	OACT Kitchen 6:15pm	Dr Burns	Arthritis of the Knee
<b>Thu 27 Sep 18</b>	OACT Kitchen 6:15pm	Dr Phil Aubin	Arthritis of the Foot
<b>Tue 23 Oct 18</b>	OACT Kitchen 6:15pm	Dr Policinski	Arthritis of the Shoulder
<b>Tue 6 Nov 18</b>	OACT Kitchen 6:15pm	Prof Smith	Arthritis of the Hip

### STEPPING ON

ACT Government Health Directorate conducts a 7 week program for older adults to help identify and address their falls risk. Topics include exercise, home hazards, community safety, nutrition, medication, foot care and vision. The next program will commence on October 18<sup>th</sup> 10:30 to 12:30 @Independent Living Centre Weston Bookings are essential.  
To Register or Enquire call Falls Prevention on 62055161

## **Student Allied Health Assistant Nutrition and Dietetics**

For the Month of September Arthritis ACT will be hosting a student Allied Health assistant specialising in the areas of Nutrition and Dietetics.

We will be offering discounted one-on-one consultations to have your diet reviewed.

Consultations would suit those that:

- Would you like to know if their diet is the best it could be?
- If they are eating to lower inflammation?
- If they are eating according to the latest evidenced based guidelines?
- Would like information and education on weight loss

**All consultations would be fully overseen by the resident APD**

Student Block is from **Monday 3rd of September through to Wednesday 3rd of October**.  
Consultations are available on Mondays, Tuesdays and Wednesdays with bookings essential.

To make a booking please contact Arthritis ACT on [info@arthritisact.org.au](mailto:info@arthritisact.org.au) or 6251 2055

**Costs for consultations are \$20 for members and \$30 non-members.**

### **Small Group Exercise Classes**

Small group classes are perfect for those with lots of pain, reduced mobility or people who just prefer a bit more quiet. These classes are held on Monday afternoon's at SHOUT in Pearce, and Tuesday and Wednesday mornings at Bruce. Classes are for no more than 4 persons, and are tailored to the individual's needs. They include individual goal setting and are perfect for individual's utilizing NDIS packages. Classes will be rebateable through private health insurance. If you would like to know more about these classes please contact [sophie@arthritisact.org.au](mailto:sophie@arthritisact.org.au) or phone 6251 2055.

Individual sessions with Sophie are also available now! If you have a primary health care plan (sometimes referred to as a chronic disease plan or enhanced primary care plan) from your GP and it includes Exercise Physiology you can access the medicare rebate to pay for these sessions. NDIS and Private Health Insurance holders may also be able to utilize this service.

## Exercise Physiology Student Consults

If you would like to have a one- on- one consultation with a 4th Year Exercise Physiology Student, we encourage you to take advantage of this opportunity!

The consults are fully supervised by a qualified physiotherapist or exercise physiologist.

These consults are designed for anyone who might want help with:

- Prescribed exercise program tailored individually (including Hydrotherapy)
- A review on their current exercise program
- Advice on how to progress through exercise
- Advice on exercise or lifestyle modifications to improve your health

Please Note: Consultations for a Hydrotherapy Program will run over 2 sessions

**Upcoming Student Block Placements are from Monday July 30th to Thursday August 23rd.**

**To book a consult:**

Contact Arthritis ACT on [info@arthritisact.org.au](mailto:info@arthritisact.org.au)

or Phone 02 6251 2055

Bookings are essential.



## Hydrotherapy Pool Sessions

### The Canberra Hospital

**Yamba Drive, Garran**

7.00am - 8.15am Mon, Tues, Wed, Fri

7.00am- 8.45am Saturday

12.00pm - 1.00pm Saturday

5.15pm - 6.15pm Friday

5.30pm - 6.30pm Monday

6.00pm - 7.00pm Wednesday

### University of Canberra Hospital

**Cnr Ginnindeera and Aikman Dve Bruce**

**(Bookings need to be made for early and late sessions by contacting  
Arthritis ACT)**

7.00am - 8.15am Mon, Tues, Wed, Fri

7.00am- 8.45am Saturday

12.00pm - 1.00pm Saturday

6.00pm – 7.00pm Mon, Wed, Fri

12.00-12.45pm Wed & Fri

### Calvary John James Hospital

**173 Strickland Crescent, Deakin**

5.15pm - 6.15pm Mon, Tues & Thurs

### Black Mountain School\*

**Cnr Miller & Cockle Sts, O'Connor**

12.15pm - 1.15pm Mon, Tues & Thurs

### Club MMM! Day Spa at CISAC

**100 Eastern Valley Way, Belconnen**

**(Bookings must be made for these sessions by contacting Arthritis ACT)**

4.00pm – 5.00pm Monday

12.00pm - 12.45pm Wednesday

12.45pm – 1.30pm Wednesday

1.30pm - 2.30pm Saturday

# Yoga and pain

Yoga is a vast system of practices and philosophy that originate in India. The most common and well-known form of yoga is Hatha Yoga, which involves physical postures, specific breathing techniques, and relaxation exercises. Yoga is an increasingly popular form of exercise and self-care that is accessed through yoga studios, gyms, hospitals, community centres, schools and at home through online yoga classes.

## *Yoga and pain*

Yoga can be helpful in pain management with both physical and mental benefits, but yoga is not a quick fix solution. Yoga has many of the same benefits as mindfulness practice, due to the common focus on breath, body and present moment awareness. Because yoga is also a physical practice many people find yoga more accessible than traditional meditation practices, which are undertaken in stillness.

Yoga is particularly helpful in promoting relaxation when encountering stress and agitation. Yoga traditionally serves as a ‘warm up’ of sorts for formal sitting and lying mindfulness meditation practice. Yoga can also invigorate the body to help counter depression.

Yoga is very helpful in treating some of the mechanical aspects of pain, for example when there are tight muscles which contribute to pain. However, practised incorrectly or without proper supervision yoga can also exacerbate your pain in the short term, despite the fact that research shows yoga is as safe as usual care and exercise<sup>1,2</sup>. Coming up with a helpful yoga routine requires greater care and experience when you have a persistent pain condition, especially when your nervous system is sensitized and you are prone to flare-ups.

When starting yoga it is important to start slowly and it must be practiced regularly and with awareness to be effective.

## *What is the evidence for yoga when you have pain?*

Reviews of the last 20 years of clinical trials suggest that yoga can significantly improve pain, disability and mood in people with persistent pain<sup>3,4</sup>. The effect sizes of these improvements can be considered ‘moderate’<sup>4</sup>: this means roughly equivalent to Cognitive Behaviour Therapy (CBT). Yoga is one of the therapies recommended by the American Pain Society for people with low back pain who do not improve with other self-care strategies<sup>5</sup>.

Most evidence is for the benefits of yoga in people with chronic back pain, although it can also help arthritis, headache/migraine, irritable bowel syndrome, fibromyalgia, and carpal tunnel syndrome<sup>4</sup>.

We don't yet fully understand how yoga helps people with pain. Emerging evidence suggests that it might help us more effectively control how we think and feel, both mentally and physically. It might also work by improving muscle flexibility, promoting relaxation, reducing inflammation, increasing the release of pain relieving endorphins, improving confidence and sense of our self control and confidence.

### ***Can anyone do yoga?***

Yes, yoga is suitable for everyone, however you just need to speak to the teacher before attendance. There are many different styles of yoga and not all classes will be suitable for you at this point in your life. If you have more specific needs then start with a private class, ideally with a Yoga Therapist.

### ***Can I do yoga at home?***

Initially it is not recommended that you commence yoga practice at home without the supervision of a yoga teacher. If you find it difficult to get to a class, many yoga teachers are able to conduct a private class in the comfort of your home or you may be able to access yoga through a community centre or hospital.

Once you have become more experienced with yoga, your teacher will be able to offer suggestions as to what practices are suitable for you at home.

***Come and try Yoga at Arthritis ACT! Monday mornings, 9:30am for floor yoga (you need to be able to get on the floor and rest on your knees) or 11am for Chair yoga. \$7 members, \$11 non-members. No booking needed.***



## Music at Midday

We are proud to announce Arthritis ACT is the featured charity at Canberra Theatre Centre's Music at Midday on Tuesday, 14<sup>th</sup> August 2018! Come down at either 11 am or 12.30 pm and just for a gold coin donation you can enjoy The Royal Military College band playing their take on modern hits as well as some old favourites. Please share this message, let's get as many people as possible! It's a lovely way to spend a morning or lunchtime, and even better it benefits a great cause.

CANBERRA THEATRE CENTRE AND THE ROYAL MILITARY COLLEGE BAND  
IN ASSOCIATION WITH CANBERRA LABOR CLUB PRESENT

ENTRY BY  
**GOLD COIN**  
DONATION

**MUSIC · AT · MIDDAY**

**TUESDAY**  
**14 AUGUST 2018**  
**11:00AM & 12:30PM**

ALL PROCEEDS TO SUPPORT: ARTHRITIS ACT

**Arthritis**  
AUSTRALIAN CAPITAL TERRITORY  
Including Osteoporosis ACT

CANBERRA  
THEATRE CENTRE  
LABOR CLUB