

Management Principles





Individuals

Exercise/Activity

Signposting

Diet

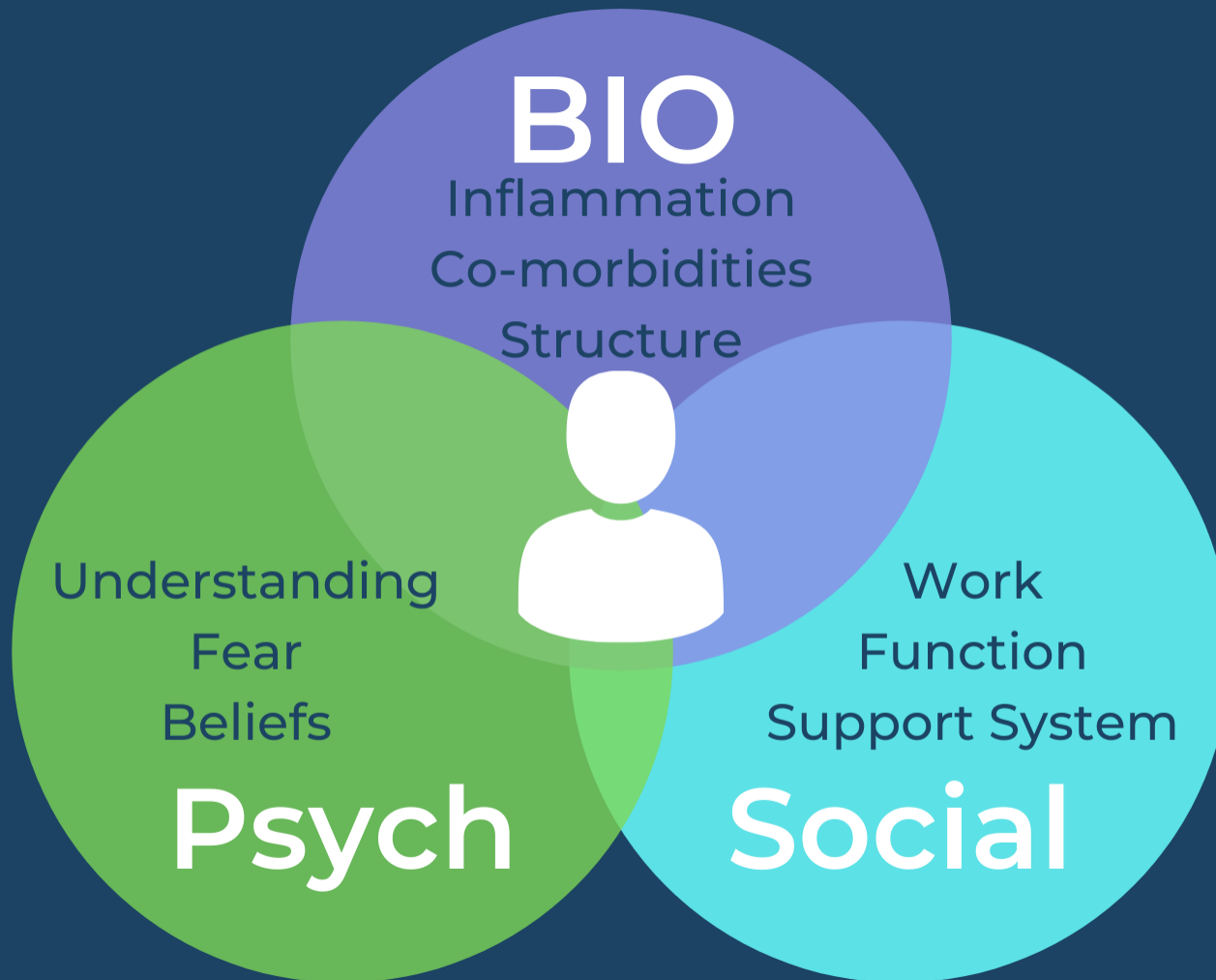
Manual Therapies

Altering Load



RHEUMATOLOGY.PHYSIO

ONLINE.



Individualise



Type

Intensity

Load

Current Function

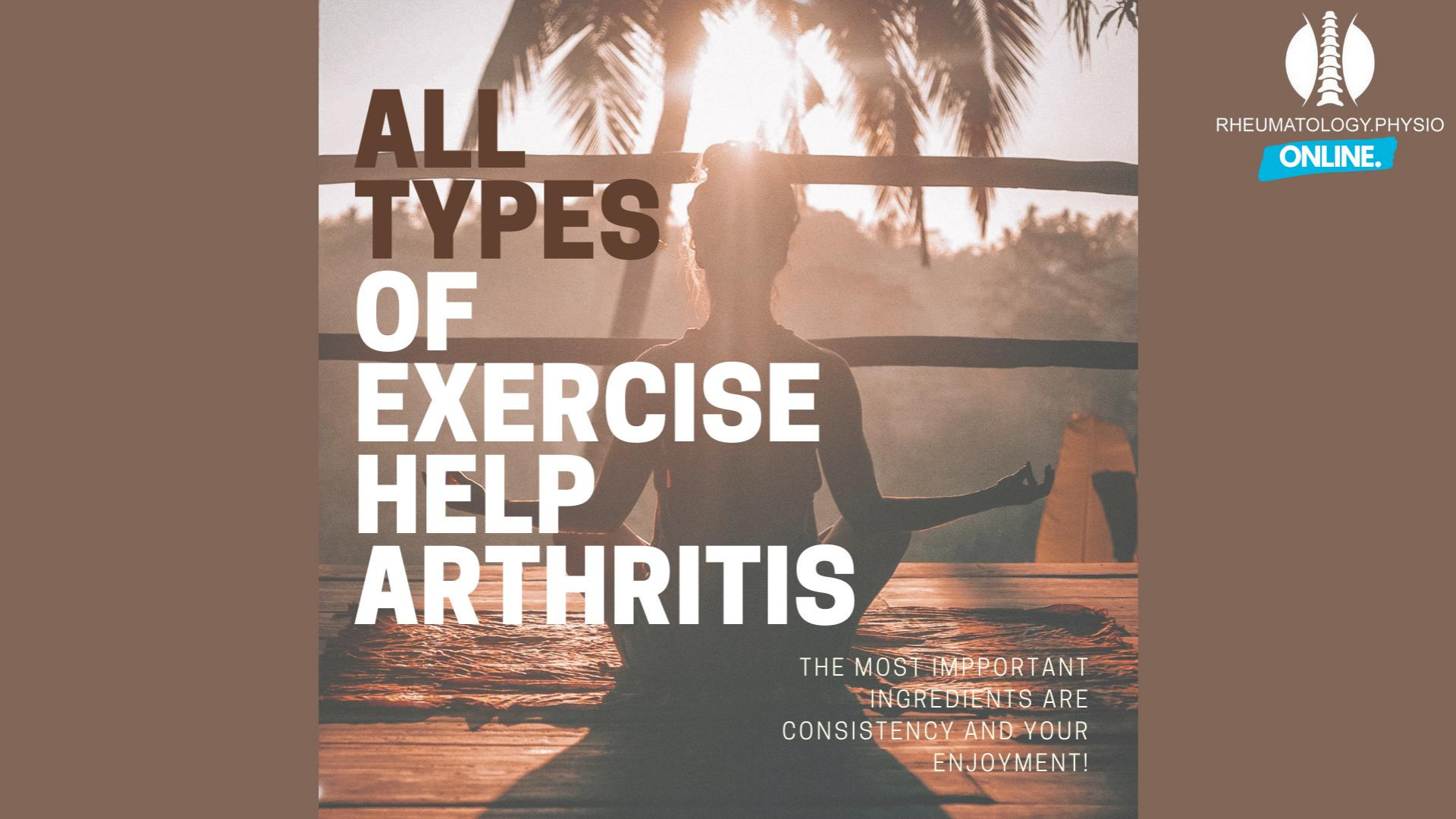
Required Function

Environment

What options are you offering?



Education



ALL TYPES OF EXERCISE HELP ARTHRITIS

THE MOST IMPORTANT
INGREDIENTS ARE
CONSISTENCY AND YOUR
ENJOYMENT!



RHEUMATOLOGY.PHYSIO

ONLINE.





RHEUMATOLOGY.PHYSIO

ONLINE.



Graded Programs



RHEUMATOLOGY PHYSIO

ONLINE.

Heavy Lifting



RHEUMATOLOGY.PHYSIO

ONLINE.



Signposting



RHEUMATOLOGY.PHYSIO
ONLINE.

Dietary



RHEUMATOLOGY.PHYSIO

ONLINE.

Manual Therapies



Jack March | Rheumatology.Physio



Jack March | Rheumatology.Physio



Jack March | Rheumatology.Physio

Individualise



Type

Intensity

Load

Current Function

Required Function

Environment

What options are you offering?

Management Principles

