

Introducing the GHC-SCW Healthy Joints Program



Do you have pain and/or stiffness in your hip(s) or knee(s)? Have you been told you have arthritis?

GHC-SCW offers a program to help manage your symptoms and flare ups to allow for increased activity levels and/or to potentially avoid surgery. The program starts with back-to-back visits with a **Physical Therapist** and a **Dietitian**. They will use a team-based approach to work with you and other healthcare providers. An individualized plan will be developed to help you reach your goals.

What does the Healthy Joints Program include?

A visit with a Physical Therapist who will:

- Perform a detailed exam
- Provide education on how to independently manage your symptoms and flare ups
- Start and progress you through an exercise program to improve your strength and function

A visit with a Registered Dietitian who will:

- Assess your nutritional needs, preferences, and challenges
- Help you learn how to plan meals that taste good and are enjoyable
- Discuss ways that healthy food choices can help reduce your symptoms



You may be referred to one of our **GHC Sports Medicine** providers if needed.

Our **Complementary Medicine Department** may also be helpful in meeting your goals. These services include Massage Therapy, Acupuncture, Yoga, and Naturopathic Medicine, among others.

Your Physical Therapist will be the point person for your care. They will help answer your questions and guide you through the program. The cost for these services is dependent on your insurance plan.

Call the GHC-SCW Physical and Occupational Therapy Department at **(608) 662-5060** to sign up.

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of South Central Wisconsin

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