

Physical Activity & Osteoarthritis

FREE Public Open Day

Friends House, 173 Euston Road, London NW1 2BJ

11 August 2018 10am - 5pm

Booking required as spaces are limited

Fully accessible venue near to Euston Station

Find out about ...

- current physical activity and osteoarthritis research
- current research into nutrition and osteoarthritis
- the main causes of osteoarthritis
- approaches to managing joint pain
- how arthritis therapy research trials are run in the NHS
- Arthritis Research UK - what does it do?
- an interactive website to help support people with joint pain
- the latest innovative devices to help people living with arthritis



Sessions will run throughout the course of day - see overleaf.

Register for as many or as few sessions as you like.

Sessions are 20 minutes long and will include talks/demonstrations from experts within the Arthritis Research UK Centre for Sport, Exercise and Osteoarthritis and partners including Arthritis Research UK, Arthritis Research UK Pain Centre and Arthritis Action.

Additionally, we are delighted to welcome inventors who have worked with Arthritis Research UK to design products to assist people living with arthritis. You will have the opportunity to try out their products, give feedback on their usability and inform their design further.

Registration is FREE and refreshments will be provided throughout the day

This event is aimed at adults - children under 16 must be accompanied by at least one adult

For session times and to register please go to <https://>

oa_open_day.eventbrite.com or email: centre-seoa@nottingham.ac.uk or

call: 0115 8231411

The Arthritis Research UK Centre for Sport, Exercise and Osteoarthritis is an established group of world-leading researchers in sport and exercise medicine, orthopaedics, rheumatology, skeletal muscle biology, physiotherapy, podiatry, occupational therapy, epidemiology and physiology. These experts are based at the Universities of Nottingham, Bath, Leeds, Oxford, Southampton and Loughborough and at Nottingham University Hospitals NHS Trust.

Sessions:

Session 1. The Arthritis Research UK Centre for Sport, Exercise and Osteoarthritis: What's it all about?

Professor Mark Batt, Consultant in Sport and Exercise Medicine, Nottingham University Hospital NHS Trust, Director of the Arthritis Research UK Centre for Sport, Exercise and Osteoarthritis

This session will explain what research we are doing and why, our partners and research projects. Times: 10.00-10.20 or 12.00-12.20

Session 2. Physical activity for healthy joints

Professor Maria Stokes - Professor of Musculoskeletal Rehabilitation, Academic Director, Southampton Musculoskeletal Research Group; Paul Muckelt - Research Fellow; Dave Wilson - Senior Physiotherapist, Research Fellow, University of Southampton

We will give a brief overview of the benefits of physical activity for healthy joints, reducing pain and general health, with tips on how you can become more physically active. This will be followed by a practical demonstration of tests and exercises that you can join in with if you wish. Times: 10.30-10.50 or 12.00-12.20 or 15.30-15.50

Session 3. Working out what therapy works for people with arthritis - running arthritis therapy research trials in the NHS

Professor Jo Adams, Professor in Musculoskeletal Health, Director of FortisNet, University of Southampton

This session will discuss how an arthritis therapy research trial in the NHS is designed. How we try to get to the truth about which treatments work best for patients and the power of placebos. Times: 10.30-10.50 or 13.30-13.50 or 15.00-15.20

Session 4. Nutrition and Osteoarthritis - the current research

Martin Lau, Dietician and Services Development Manager, Arthritis Action

Is there a specific dietary regime for osteoarthritis? What foods do I need to avoid and are there any evidence-based recommendations to manage osteoarthritis from the dietary point of view? This session will answer some of the burning questions that you may have regarding nutrition and osteoarthritis. Times: 10.00-10.20 or 13.30-13.50 or 15.00-15.20

Session 5. Joint Pain: Combining different approaches to managing joint pain and common misunderstandings

Professor David Walsh, Professor of Rheumatology, University of Nottingham, Director Arthritis Research UK Pain Centre, MSK Theme Lead NIHR Nottingham Biomedical Research Centre

This session will look at different approaches to managing pain such as lifestyle, medications, exercise, psychological and complementary treatments and how combining these different approaches can be beneficial. There will also be an opportunity to look at common misunderstandings within this area. Times: 11.00-11.20 or 14.00-14.20 or 16.00-16.20

Session 6. Managing joint pain on the web: The design and development of a new internet based resource

Mr Paul Clarkson, Research Fellow, University of Southampton

This session will explore the potential of the internet for managing health conditions and discuss the development of a new resource to support people with joint pain. Times: 11.30-11.50 or 14.30-14.50 or 16.30-16.50

Session 7. Feet fit for purpose: Maintaining feet suitable for physical activity

Professor Catherine Bowen, Professor in podiatry, University of Southampton

This session will inform you about research from across the world into foot and ankle osteoarthritis. It will also provide advice for maintaining foot health to remain physically active. Times: 11.30-11.50 or 14.00-14.20 or 16.00-16.20

Session 8. Why we develop osteoarthritis: the main risk factors

Professor Nigel Arden, Professor in Rheumatic Diseases, University of Oxford

This session will discuss some of the risk factors that are often associated with developing osteoarthritis. This will also include latest research about possible new risk factors. Times: 11.00-11.20 or 14.30-14.50 or 16.30-16.50