

AIA HEALTH INSURANCE

Kieser Hip and Knee Osteoarthritis Programs

Program goals

Kieser Hip and Knee Osteoarthritis Programs are 14-week programs developed by Kieser to:

- Reduce pain and other symptoms you may be experiencing
- Prevent or delay joint replacement surgery
- Improve your ability to undertake everyday activities
- Provide a long-term plan to help self-manage your osteoarthritis

Referral

To receive a referral:

- Book an appointment with your GP and take the Kieser Program referral form and information to your GP.
- Your GP will review your condition against the Program criteria and provide a referral if appropriate.

Eligibility

You must hold a Bronze Hospital product and above to be eligible for the Kieser Program, and have completed the six-month waiting period.*

Program Inclusion Criteria:*

- You must have a diagnosis of hip or knee Osteoarthritis, confirmed by diagnostic imaging.
- Your GP must believe you may need hip or knee joint replacement surgery in the next three years, and that by completing a Kieser Program, you are likely to be able to significantly delay surgery, or even prevent it altogether.
- You must have a pain level of 4/10 or higher, on average over the past month.



*Contact Kieser to find out if you hold an eligible level of cover. Additional criteria apply, and suitability of the program will be fully evaluated in your initial assessment with a Kieser Physiotherapist, if your GP thinks the program is suitable for you.

Program structure

Week	Physiotherapy	Exercise Physiology/ Science	Independent Kieser Strength Program
1	•		
2	•	• •	•
3	•	• •	•
4	•	• •	•
5			•
6			•
7	•		•
8			•
9		•	•
10	•		•
11			•
12			•
13			•
14	•	•	•

• = 1 session • • = 2 sessions

Kieser Hip and Knee Osteoarthritis Programs have been developed to help you improve your osteoarthritic hip or knee in a safe and supervised manner. The 14-week programs include:

- An initial assessment and 6 one-on-one treatment and supervised exercise sessions with a physiotherapist
- 8 one-on-one exercise sessions with an exercise physiologist or exercise scientist
- A 3-month physiotherapist-designed, independent strengthening program on Kieser equipment, supervised by exercise scientists
- Education on how to manage and live with osteoarthritis
- Use of the Kieser Konnect app
- Objective assessments to help measure your improvement

Evidence

Kieser Hip and Knee Osteoarthritis Programs are high quality and evidenced-based programs. Some of the research in this area found that:

- Up to 74% of patients who are eligible for a knee joint replacement may be able to delay their surgery for at least 12 months after completing a 12-week rehabilitation program. (Skou et al, 2015).
- Exercise and education programs are able to reduce pain and other symptoms, and improve function and the ability to complete everyday activities. (Desmeules et al, 2013; Rook et al, 2006)

FAQs

Q: Where can Kieser Hip and Knee Osteoarthritis Programs be accessed?

A: At any Kieser clinic in Australia.

Q: Does my health insurance cover the Kieser Hip and Knee Osteoarthritis Programs?

A: The Osteoarthritis Programs are available to AIAH members on Bronze Hospital and above, who have served the six-month waiting period.

Q: What do the programs cost?

A: The program is fully funded by AIA Health with no out of pocket cost or impact on extras to members.

Q: Do I need a referral for a program?

A: Yes, you will need a referral from a general practitioner to access programs.

Member Information

To learn more about these programs, or to obtain a referral form to take to your GP, please contact Kieser on **03 9696 3599** or visit **kieser.com.au**.

Kieser Clinics