

AIA Health Insurance

# KIESER HIP AND KNEE OSTEOARTHRITIS CARE PLANS

## CARE PLAN GOALS

Kieser Hip and Knee Osteoarthritis Care Plans 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 Care Plan referral form and information to your GP.
- Your GP will review your condition against the Care Plan criteria and provide a referral if appropriate.

## ELIGIBILITY

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

Care Plan 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 Care Plan, 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 Care Plan will be fully evaluated in your initial assessment with a Kieser Physiotherapist, if your GP thinks the Care Plan is suitable for you.



## CARE PLAN 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 Care Plans have been developed to help you improve your osteoarthritic hip or knee in a safe and supervised manner. The 14-week Care Plans 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 Care Plans 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 Care Plans be accessed?**

A: At any Kieser clinic in Australia.

**Q: Does my health insurance cover the Kieser Hip and Knee Osteoarthritis Care Plan?**

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

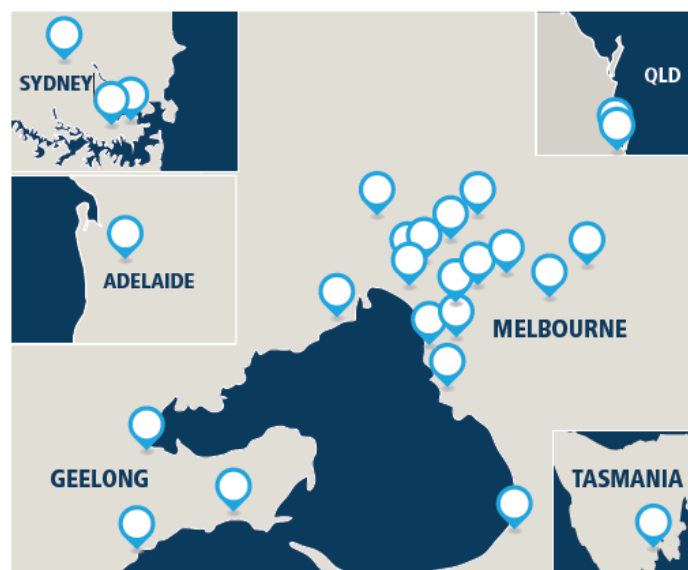
**Q: What do care plans cost?**

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 care plan?**

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

## KIESER CLINICS



### Member Information:

To learn more about these care plans, or to obtain a referral form to take to your GP, please contact Kieser on **03 9696 3599** or visit [kieser.com.au](http://kieser.com.au).