

Providing

reliable and up to date
information to improve
the understanding
of arthritis and
osteoporosis

Promoting

healthy lifestyles and
self-management to
optimise health
outcomes

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joinNTed

Arthritis & Osteoporosis NT

April–May 2025

Urgent call to members

A Board vacancy has arisen due to the retirement of Sami Azam whom we thank for his work on the Board. Our constitution requires us to have at least 2 non-executive Board members so we need a replacement. Refer to more detail on Page 7.

Self-management workshops

to help improve your life

Managing chronic pain

and

Becoming more active

2nd or 3rd Friday of every month

from February to November

Proposed program, as at March 2025

11 th April	Becoming more active:	10:00am - 12:00pm
16 th May	Managing chronic pain:	9:30am - 1:00pm
20 th June	Managing chronic pain:	9:30am - 1:00pm
18 th July	Becoming more active:	10:00am - 12:00pm

Includes refreshment break. Materials provided.

Free for members of Arthritis & Osteoporosis NT

Cost: \$5 per session for non-members

Bookings essential

Enquiries & bookings: 89485232,

info@aont.org.au



Thanks to staff at the electorate office of Luke Gosling, Federal Member for Solomon, for assistance with printing this newsletter. Turn to Page 8 for resources available from Luke's office.

Have you been told to get moving but not sure where to start?

“Taking the First Step”

is an education & information session to encourage those with arthritis and/or other chronic conditions to make physical activity a part of everyday life.

A program developed by Arthritis Tasmania, funded by the Healthy Tasmania Fund

Next session: Friday 11th April, 10:00am to 12:00pm

Where: AONT Office, Rapid Creek

Do you have arthritis of the hip and/or knee and would like some guidance on the right exercises?

“Knee and hip arthritis classes”

are available at Physio Evolution in their rooms at

55 Knuckey Street, Darwin

8941 0614

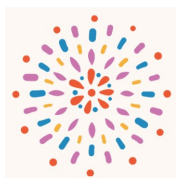
admin@physioevolutiondarwin.com

Do you have osteoporosis and would like some guidance on the right exercises?

“Strong Bones and Falls Prevention”

is an exercise program run by Physio Evolution in their rooms at

55 Knuckey Street, Darwin



Classes with Physio Evolution are in very small groups, so that exercises are individualised to participants' abilities, taking into account any other underlying conditions.

Ready to take the plunge?

“Warm Water Exercise”

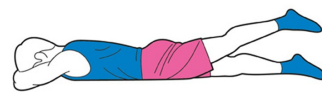
See the enclosed brochure for the many and varied opportunities:

13 different options, across seven different locations

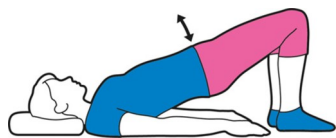
Exercises - helpful for those of us with arthritis of the hips or knees

Leg raise

Lie face down, though you might want to turn your head to one side if this is more comfortable. Tighten your stomach and buttock muscles to lift one leg slightly off the floor, while keeping your hips flat on the ground. Hold this position for 5 to 10 seconds and repeat 3 times.



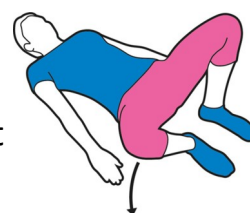
Bridging



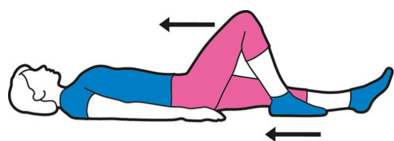
Lie on your back with your knees bent and feet flat on the floor or bed. Lift your pelvis and lower back off the floor. Hold the position for five seconds and then lower down slowly.

External hip rotation

Lie with your knees bent and feet flat on the bed, hip-width apart. Let one knee drop towards the bed then bring it back up. Keep your back flat on the bed throughout. Alternate knees.



Heel slide



Lie on your back. Bend your leg and slide your knee towards your chest. Slide your heel down again and straighten your knee slowly.

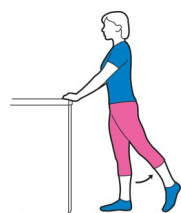
Hip flexion

Hold on to a work surface and march on the spot to bring your knees up towards your chest alternately. Your physiotherapist may recommend that you don't raise your knee above hip level.



Hip extension

Move your leg backwards, keeping your knee straight. Clench your buttock tightly and hold for five seconds. Don't lean forward. Repeat with the other leg. Hold on to a chair or work surface for support.



Hip abduction (standing)

Stand with one hand resting on the back of a chair or a work surface for support. Lift your leg straight up to the side. Hold for five seconds and then slowly lower your leg. Try to keep your body straight throughout.



Repeat five times on each side. You can also do this exercise lying on your side.

Heel to buttock

Bend your knee to pull your heel up towards your bottom. Keep your knees in line and your kneecap pointing towards the floor.



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Falls prevention

How does regular exercise help falls prevention?

Exercise & Sports Science Australia

Governing and representing approximately 10,000 degree-qualified professionals who support Australians to reach their health and performance goals.

From: <https://exerciseright.com.au/falls-prevention/>

- ♦ There is now good evidence that exercise can prevent falls in older people by decreasing a number of key risk factors. For example, exercise can improve muscular strength, balance, balance confidence and walking speed, as well as psychological factors such as mental ability and mood.
- ♦ There is strong evidence which supports **exercise as a single intervention to prevent**

falls in community settings.

“Exercise provides a wide range of important benefits and health outcomes for older adults. From increased independence, improved mental health and the **prevention of falls**, movement allows ageing Australians to maintain their daily living activities whether it be lifting the groceries or playing with their grandkids.” *Anita Hobson-Powell, Chief Executive Officer of Exercise & Sports Science Australia (ESSA).*

Recommendations from **Exercise Right**, a public health initiative created by ESSA include:

- ♦ **Balance exercises** involve controlled body movements while standing with the feet close together (or standing on one leg), with as little arm support as possible. The exercises should be safe, but should challenge balance and develop strength.
- ♦ **Tai chi** or **hydrotherapy** can be effective forms of exercise for fall prevention in

NSW Fall Prevention & Health Ageing Network

From: <https://fallsnetwork.neura.edu.au/aprilfalls/>

It's well known that poor balance and strength will affect a person's mobility and put them at an increased risk of a fall. So by improving balance and strength, people can reduce their risk of falling and suffering a fall-related injury.

Research has shown that **exercise of any type has been shown to reduce the risk of falling by 23%.**

It's never too late to get active!

Every move counts. By safely achieving your goals you can move towards better health and balance today.



Connect Ability Australia

From: <https://www.connectability.org.au/april-falls-day/>

Common Household Trip and Fall Culprits

1. **Poor lighting** – We utilise lights in the home to better increase our visibility. It prevents us from falling over objects in the darkness. When homes are dark or not properly illuminated, it increases the risks of falling. Couple that with poor eyesight experienced by the elderly and it can be a recipe for a falling disaster.
2. **Unstable or uneven flooring** – When we walk, our feet act as support and balancers for the rest of our body. When we walk on an uneven surface, the receptors in the brain responsible for balance trigger, and our reaction is to plant our feet and extend our arms to lower our centre of gravity. As the elderly experience poor posture and are more unbalanced on their feet, their bodies are unable to react as quickly, and they are more likely to fall over on an uneven surface.
3. **Poor housekeeping and clutter** – With busy schedules, it is hard to constantly keep our houses in pristine condition and inevitably, our houses become cluttered. This clutter around the house can become a serious tripping hazard for not only the elderly, but everyone who enters the house.
4. **Spillages** – Whilst we always try to clean up spillages as soon as practical, it cannot always be accomplished, especially if we are unaware that something has been spilt. Liquids such as water, grease or oil can contaminate the floor and make the surface exceptionally slippery. Areas of spillages are high risk areas and it's important to clean up any spillage straight away. Be sure to pay close attention to higher spillage areas such as in the kitchen or in the bathroom.

Queensland Health



Top tips from AONT

- ♦ **Safety lighting:** Small night lights that plug directly into power outlets may provide sufficient lighting for getting up during the night and finding your way to the bathroom etc.
- ♦ **Exercising safely:** Talk to your GP about a referral to a physiotherapist or an exercise physiologist for assessment and to provide an appropriate program.

Seniors' Rights service

Older Persons' Abuse Survey

By completing the enclosed survey you are helping to inform the development of policy, programs and services to help keep older people safe. Completed surveys may be returned to Darwin Community Legal Service (DCLS):

Level 2, 75 Woods St Darwin or mailed to GPO Box 3180 Darwin NT 0801

Other options include:

- ♦ Completing it online at <https://www.surveymonkey.com/r/HC5275H>
- ♦ Dropping it off at the AONT office for us to submit on your behalf.
- ♦ Calling AONT with your responses for us to note and forward to DCLS.

Continued from p. 3

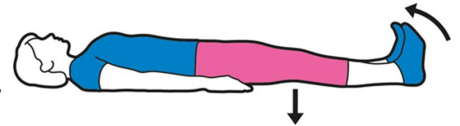
Short arc quadriceps exercise



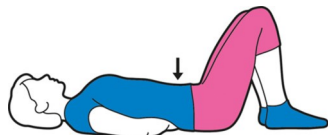
Roll up a towel and place it under your knee. Keep the back of your thigh on the towel and straighten your knee to raise your foot off the floor. Hold for five seconds and then lower slowly.

Quadriceps exercise

Lying on your back, pull your toes and ankles towards you, while keeping your leg straight and pushing your knee firmly against the floor. You should feel the tightness in the front of your leg. Hold for five seconds and relax. This exercise can also be done from a sitting position, if you find this more comfortable.



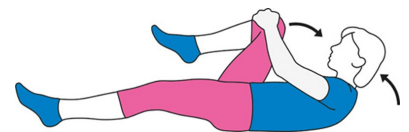
Stomach exercise



Lie on your back with your knees bent. Put your hands under the small of your back and pull your belly button down towards the floor or bed. Hold for 20 seconds.

Knee lift

Lie on your back. Pull each knee to your chest in turn, keeping the other leg straight. Take the movement up to the point you feel a stretch in the back of your thigh. Hold for around 10 seconds and relax. Repeat 5-10 times. If this is difficult, try sliding your heel along the floor towards your bottom to begin with, (Refer to Heel slide on p. 3) and when this feels comfortable try lifting your knee as above.



Squats



Hold onto a chair or work surface for support. Squat down until your kneecap is directly over your big toe. Your knees should not go in front of your toes. Return to your normal standing position.

Repeat until you can't do anymore, rest for one minute, then repeat another two times. As you improve, try to squat a little further, but don't bend your knees beyond a right angle.

Board vacancy

Can you spare about an hour and a half once a month?

This is an opportunity to put up your hand and join the small group of dedicated members who comprise our Board.

Our Constitution provides for no less than two, and up to 10, non-executive Board members. Sami has resigned reluctantly due to heavy work commitments so we now have only one non-executive member.

We meet once a month at our office, Shop 18 Rapid Creek Business Village, currently at 3.30 pm on the third Wednesday of the month.

You are very welcome to come to a meeting to see what we do and see if you would like to join us.

Contact us on 8948 5232 or email info@aont.org.au to let us know you are coming or just turn up. Next meeting 16 April at 3.30 pm.

One Pot Chicken and Greens

We all know we should eat more vegetables – especially leafy greens. This recipe is an easy, one-pot dinner with a healthy dose of greens. Serves 4.

<https://www.jeanhailes.org.au/recipes/one-pot-chicken-greens>

Ingredients

- 8 chicken thighs, skin removed
- 1 leek, sliced, white part only
- 2-3 garlic cloves, chopped
- ½ cabbage, sliced
- 2 zucchinis, chopped
- 250g mushrooms, thickly sliced
- Bunch of fresh thyme
- Other green leafy vegetables (such as spinach, kale, bok choy)
- 1-2 dessertspoons olive oil
- Salt and pepper, to taste
- Optional: 1 knob of butter or substitute

Method

1. Heat oil in a large, heavy-based saucepan on medium-high heat. Brown and seal the chicken a few minutes each side (you may need to do this in two batches). Remove chicken and keep aside.
2. Reduce heat to medium, add leek and garlic, cook until slightly softened. Increase heat, add zucchini and continue cooking for a few minutes.
3. Add mushrooms. Butter can be stirred through to coat vegetables.
4. Return the chicken to the pot. Add the whole bunch of thyme (stems can be removed later).
5. Add cabbage and other green vegetables. Cover for a few minutes.
6. Add seasoning, reduce heat and cook for about 15-20 minutes or until the meat starts to come away from the bone.
7. Check seasoning. Serve and enjoy!



**The Arthritis
Foundation of the
Northern Territory Inc.**
Trading as
**Arthritis &
Osteoporosis NT**
ABN 67 099 326 608

Co-Patrons

His Honour
Professor the Honourable
Hugh Heggie PSM
Administrator of the NT
and Ms Ruth Jones

Vice Patron

The Honourable Vicki
O'Halloran AM CVO

Find us at

Shop 18 Rapid Creek
Business Village,
48 Trower Rd Millner
www.aont.org.au
[facebook.com/
arthritis.osteoporosis.nt](https://facebook.com/arthritis.osteoporosis.nt)

Contact us

Freecall: 1800 011 041
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Nightcliff 0814
info@aont.org.au

We are open

9:30am – 2:00pm
Monday to Thursday
(excluding Public Holidays)

Staff

Administrative Assistant
Deirdre Moldenhauer

Accounts
Natalie Valastro

Board

President

Ruth Quinn

Vice President

Amin Islam

Secretary

Hilary Fowler

**Treasurer and Public
Officer**

Ruth Garden

Ordinary Board Members

Lyn Skipper
Positions available

What We Do

Our work includes:

- Responding to walk in and telephone enquiries
- Providing personalised information packs in response to enquiries
- Hosting education sessions: "What a Pain!" and "Taking the first step". Call the office on 8948 5232 for more details
- Providing information stands at a range of forums throughout the year
- Presentations to community groups
- Keeping in touch with other community health organisations and the services they provide
- Delivering bulk materials on request to a range of health services
- Producing this newsletter six times a year
- Liaising with Arthritis Australia, interstate arthritis affiliates and Healthy Bones Australia
- Making applications for various small grants to assist with special projects

 **Arthritis &
Osteoporosis NT**
www.aont.org.au



Resources available:

from the Electorate office of Luke Gosling Federal MP for Solomon

- ♦ Cost of living Help Kit
- ♦ Pensioners & Seniors Help Kit 2024-25

There are a few copies of each of these booklets available at our office in Rapid Creek.

Otherwise, readers may like to contact the office Manager at the Electorate office on Trower Road in Casuarina, to ask about collecting a copy from there.

Arthritis & Osteoporosis NT is
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