

Moving lives, shaping futures

TAMTheArthritisMovement
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The Arthritis Movement

1300 275 826
arthritis.org.au

At The Arthritis Movement, we drive progress and improve lives through innovative care, dynamic support, and relentless advocacy for people impacted by arthritis.

How we can support you with your arthritis



Clara (App)

Clara connects you with trusted information, helpful tools, and services to better manage your condition. It uses AI to provide personalised support on your arthritis journey.



Knowledge is power

Connect with our E-News, webinars, and free seminars for practical information and support to help you take control of your condition and get back to doing the things you enjoy.



Get moving

Regular movement is essential to support joint health, maintain balance and build strength. Our exercise programs help you stay active, move safely and protect your joints.



Feel supported

An arthritis diagnosis can feel overwhelming and isolating, but you're not alone. Our support services will connect you with others who understand life with arthritis.



Take control of pain

Our Pain Packs offer tools, ideas, and strategies to motivate and empower you to take control of your pain and make positive, lasting changes.

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Clara App Store Google Play

visit arthritis.org.au