Beliefs

Inevitable
- Relentless progression
- Hopelessness, Fatalistic, Pessimism
- Confusion; Anxiety; Low self-confidence;
- Frustration; Burden; Dependency

Causation
- Uncertain, bewildered
- Mechanical “wear and tear”; normal ageing; biographical events
- Familial predisposition
- Excess body weight

Management
- Usual care - lack of advice; disinterested; low priority; unaware of options
- Drugs - dangerous, addictive
- Surgery – curative; dangerous; delay/avoid

Impact
- Pain; disability; fatigue; anger, fear, anxiety, depression; loss of confidence
- Manage activities as possible
- Interferes with life – adjust/avoid activities; need help
- Decreased social interaction
- Additional costs to maintain independence

Behaviours
- Fear–avoidance = low activity level;
- Passive acceptance;
- Relinquish management to others

Exercise...
- ...bad ?
  - Increase pain ?= joint damage
  - Accelerate degeneration
- ...good?
  - Reduces stiffness
  - Keeps mobile
  - Maintain independence

Poor knowledge and understanding
- Personal experiences
- Lay perceptions of family, friends others, media reports and healthcare professionals