



ARTHRITIS RESOURCE

BOOKS

These titles are part of the Reading Well collection and have been checked by patients with the relevant conditions as well as by health professionals which means you know they're reliable and helpful.

<https://reading-well.org.uk/books/books-on-prescription/long-term-conditions>

- **Arthritis: a practical guide to getting on with your life** by Chris Jenner.
- **Exercise your way to health: arthritis** by Paula Coates.
- **How to feel better: practical ways to recover well from illness and injury** by Dr Frances Goodhart and Lucy Atkins.
- **Manage your pain: practical and positive ways of adapting to chronic pain** by Nicholas Michael, Allan Molloy, and Lee Beeston.
- **Overcoming chronic pain: a self-help guide using cognitive behavioural techniques** by Frances Cole, Helen Macdonald, and Catherine Carus.
- **Pain is really strange** by Steve Haines and Sophie Standing
- **Self-management of long-term health conditions: a handbook for people with chronic disease** by Dr. Kate Lorig.

VERSUS ARTHRITIS

This is the main UK charity supporting people with arthritis and it has lots of information on their website on different types of arthritis and how to live with it. Versus Arthritis also provides a phone helpline (0800 5200 520). They also provide an online community where people with arthritis can share their experiences and help and support each other.

www.versusarthritis.org/

PSORIASIS ARTHRITIS

The Psoriasis Association has been accredited as a PIF TICK Trusted Information Creator with reliable information about psoriatic arthritis.

www.psoriasis-association.org.uk/about-psoriatic-arthritis

OTHER SITES WITH RELIABLE INFORMATION ABOUT ARTHRITIS

- The Chartered Society of Physiotherapists information about arthritis:
www.csp.org.uk/conditions/arthritis
- The Chartered Society of Physiotherapists exercises for joint pain:
www.csp.org.uk/public-patient/rehabilitation-exercises
- The Patient website information on different types of arthritis
patient.info/bones-joints-muscles/arthritis
- The NHS website general information on arthritis:
www.nhs.uk/conditions/arthritis/