• Started 2008
• Became a National Quality Register in 2010
• Educates physiotherapists that educate patients
  • >4000 physiotherapists educated
  • >600 primary care clinics involved
  • >100 000 patients included

www.boaregistret.se
This is what Joint Academy looks like for our patients.
Today
Day 6, Week 28

Sit-to-Stand
Level 3
15 Repetitions
Complete Start

Weight Transfer
Level 5
15 Repetitions
Complete Start

Activity
Sit-to-Stand
Level 3

Step 1
Observe
Watch the video before you perform the exercise.

Step 2
Exercise
- With one leg
  - 15 repetitions
- Repeat with other leg
Lift one foot completely off the ground for this level.
If it’s too heavy, you can put down your foot after each repetition.