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PROFESSIONAL DEVELOPMENT EVENT



Rhona McGlasson

Innovations in Osteoarthritis Care Webinar:

**An Innovative Program that Improves Functional Outcomes for
Individuals with Hip & Knee OA**

Presented by:

Rhona McGlasson

Executive Director Bone and Joint Canada

Azeena Ratansi OT Reg. (Ont.)



Azeena Ratansi

Join our presenters as they engage participants in:

- Latest research on osteoarthritis - specifically in the hip and knee
- Management strategies including how an innovative education and exercise program GLAD improves peoples function
- How Occupational Therapists can use the strategies in their treatment plans for individuals with hip and knee OA

Target Audience:

- Occupational Therapists that work with older adults

Osteoarthritis (OA) of the hip and knee can result in pain and loss of function thereby resulting in disability for many Canadians. Implementation of an evidence-based education and exercise program, GoodLife with osteoArthritis in Denmark (GLA:D®), reduces pain and medication use and improves quality of life and physical activity through 1 year of follow-up. This program has been adapted for and is being implemented across Canada.

This session will provide an overview of the current knowledge on OA pathology. It will then review an evidence-based education and exercise treatment program including how the exercises provide joint stability and can be applied in daily activity to achieve sustainable functional improvements. This will be linked to Occupational Therapy settings and be discussed in the context of empowering patients with hip and knee OA to self-manage their condition and optimize their function.

***Refund Policy:** Refunds will be given on live webinar registrations provided that a request is received by the Ontario Society of Occupational Therapists no later than 7 calendar days prior to the event. Refunds will be given in full less a \$10.00 administrative charge. No refunds will be given on archived webinars.

*Please contact the [OSOT Office](#) to register as a group or with any questions.

We hope you enjoy this programming!



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