



Arthritis Talks: Unlocking Physical Activity with Assistive Devices

Michael Pohlmann, Physiotherapist, Mary Pack Arthritis Program, Victoria

Tara Stier, Occupational Therapist, Arthritis Rehabilitation and Education Program, Toronto

December 13, 2023

Presenters



Sian Bevan

Chief Science Officer
Arthritis Society Canada
(Moderator)



Tara Stier

Occupational Therapist
Toronto, ON



Michael Pohlmann

Physiotherapist
Victoria, BC

Webinar tips

- Use the **Q&A** section to ask the presenters your questions. Some of the questions will be chosen for the live question period at the end of the webinar.
- Click on the **Chat** box to connect with other participants and the Arthritis Society's chat moderator.
- If you have further issues, email arthritistalks@arthritis.ca

The screenshot shows the Arthritis Society Canada webinar interface. At the top center is the Arthritis Society Canada logo, featuring a stylized yellow and orange flame above the text "Arthritis SOCIETY CANADA". Below the logo is a control bar with several icons: "Audio Settings" (with an upward arrow), "Q&A" (with a speech bubble icon), "Chat" (with a speech bubble icon), and a red "Leave" button. A yellow callout box points to the "Audio Settings" icon with the text "Click here to access your audio settings". Another yellow callout box points to the "Q&A" and "Chat" icons with the text "Click here to chat or to submit a question". A third yellow callout box points to a red icon in the top right corner of the interface with the text "Click on the red icon to exit out of the Q&A or Chat". On the right side, a white Q&A window is open, titled "Q&A", with the text "Welcome to Q&A" and "Questions you ask will show up here. Only host and panelists will be able to see all questions." Below this text is a text input field with the placeholder "Type your question here...".

Overview

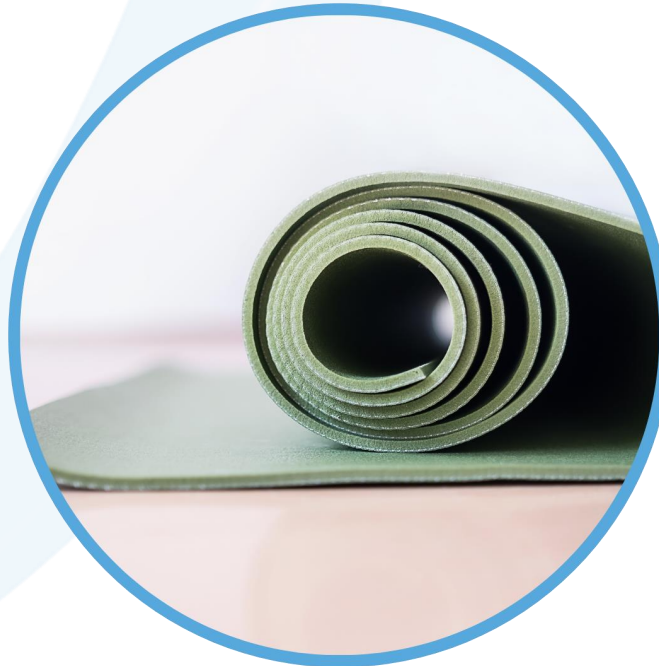
[1]

Physical Activity Benefits



[2]

Tools to get you moving



[3]

Questions



With thanks to our partners

Sponsors

Exclusive Event Presenting Partner:



Diamond Sponsor:



Gold Sponsor:



Silver Sponsor:



Bronze Sponsors:



Q

Why is physical activity so important for people living with arthritis?



Physical activity

Therapeutic exercise

Any body movement done in daily life

Neuromuscular training

Aerobic exercise

Dancing

Gardening/ yard work

Flexibility

Balance

Walking to bus stop

Strengthening

Housework





Q

What exercises are best for people living with arthritis?



What exercises are best for people living with arthritis?

The best exercises are the ones that will give you the best return on your time investment. Some examples are:

1. Strength/Resistance training
2. Stretching
3. Cardiovascular/aerobic training
4. Range of Motion!
5. Core stability and balance exercises





Other Frequently Asked Questions

- ▼ "I walk a lot. Do I need all those other types of exercise?"
- ▼ "Is 'no pain no gain' really true?"
- ▼ "I move a lot during the week. Do I really need to do anything like Range of Motion exercise?"
- ▼ "When I start to feel better do I need to keep exercising?"

Q

How do you know if you've done enough physical activity?



It is all about



balance



What assistive devices/modifications should be considered to make getting active easier?



Assistive Devices and Modifications



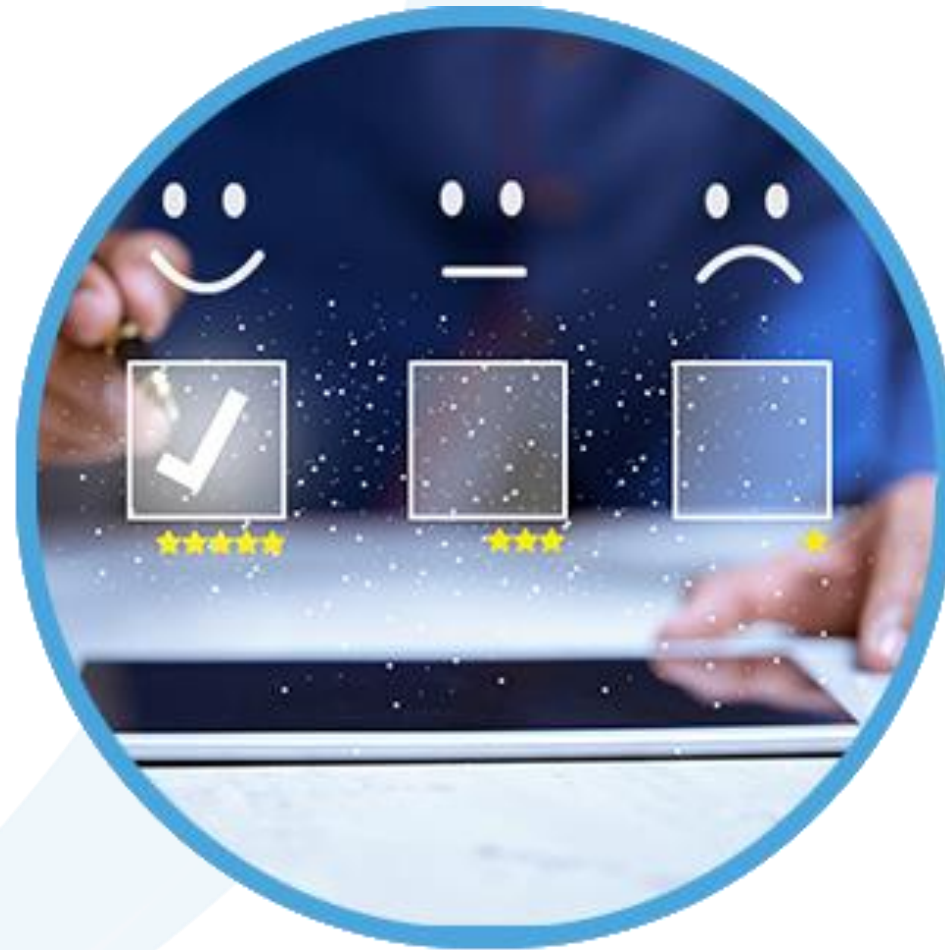
Any final thoughts or recommendations?



Questions



Tell us what you think...





- ▼ Join Licensed Chiropractor, Dr. Laura Baxter-Gravelle, and Registered Massage Therapist, Rubena Borg, at Massage Addict's virtual information booth immediately following the live webinar
- ▼ Rubena and Laura will be available to answer your questions about how chiropractic care and massage may be able to support your overall health

Visit <https://arthritis.ca/booth> to join.
This link is also in your reminder email.

Exclusive Event Presenting Partner



Triple your impact to
help people in Canada
living with arthritis

Donate Now



