

Hip and Knee Arthritis Rapid Assessment Centre – Community Resources for conservative management

Type		Address/Phone Number	Programs
<b>Education/Exercise/ Pain management</b>	The Arthritis Society <a href="http://www.arthritis.ca">www.arthritis.ca</a>	Chatham Family Health Team 20 Emma Street, Chatham, ON 1 (519) 433-2191	Arthritis Rehabilitation and Education Programs -Community Based Rehab with individual consultation and group education sessions. Topics Include: <ul style="list-style-type: none"> <li>• Dealing with pain</li> <li>• Arthritis Medication</li> <li>• Exercises to improve strength/reduce stiffness</li> <li>• Ways to be active and minimize joint stress</li> <li>• Coping emotionally with arthritis</li> <li>• Self-management strategies</li> </ul> *Can self-refer- see online referral form or call office*
<b>GLA:D Program – Good Living with Arthritis: Denmark, program adapted in Canada</b> <a href="https://gladcanada.ca/">https://gladcanada.ca/</a>	Peach Physiotherapy	463 St Clair St, Unit #4 or 40 Beatty St (inside Peak Performance Gym) Phone: 519-358-7342	The GLA:D® program is an education and exercise program that helps individuals with hip and knee osteoarthritis (OA) manage their symptoms of pain and loss of function.
<b>Physiotherapy Clinics (OHIP funded)</b>	Chatham Physiotherapy Clinic	20 Emma Street, Building B Chatham 519-351-9100	Physician referral required Eligibility: Clients over age 65, under age 19; or Receiving ODSP or Ontario Works;
<b>Physiotherapy Clinics (OHIP funded)</b>	Grand Physiotherapy Clinic	372A Lacroix Street Chatham 519-354-5217	For more information please visit: <a href="http://www.health.gov.on.ca/en/public/programs/physio/pub_clinics.aspx">http://www.health.gov.on.ca/en/public/programs/physio/pub_clinics.aspx</a>
	Talbot Trail Physiotherapy Blenheim	110 Talbot Street West, Blenheim 519-676-1192	

<b>Pool Therapy/ Hydrotherapy</b>	Chatham YMCA	101 Courthouse Lane, Chatham Phone: 519-360-9622 <a href="http://ymcaswo.ca/p/437/l/569/orgid/22851/t/YMCA_Home">http://ymcaswo.ca/p/437/l/569/orgid/22851/t/YMCA_Home</a>	A water based exercise program can provide a wide variety of movements to improve strength and flexibility, with less joint impact.  Classes often incorporate strength, core stability, and stretching.
	Blenheim – Gable Rees Rotary Pool	66 Regent St, Blenheim Phone: 519-676-4544 <a href="https://www.chatham-kent.ca/parks-recreation/activities-programs/aquatics-swimming/PoolSchedules">https://www.chatham-kent.ca/parks-recreation/activities-programs/aquatics-swimming/PoolSchedules</a>	Suitable for all fitness levels with options and modifications provided for all levels of ability and intensity.
	Wallaceburg – Sydenham Pool	Lorne St & Wall St, Wallaceburg Phone: 519-627-1606 <a href="https://www.chatham-kent.ca/parks-recreation/activities-programs/aquatics-swimming/PoolSchedules">https://www.chatham-kent.ca/parks-recreation/activities-programs/aquatics-swimming/PoolSchedules</a>	
<b>Exercise and Fall Prevention</b>	Victorian Order of Nurses (VON)  <a href="http://voneriestclair.ca/chatham-kent">http://voneriestclair.ca/chatham-kent</a>	190 Stanley Avenue, Suite 100, Chatham Phone: 519-352-5515	SMART- Seniors Maintaining Active Roles Together -Group exercise and falls prevention classes for older adults and people with mobility issues - aim to improve strength and balance. *Call to Register- no referral required- FREE*

<b>Exercise Classes</b>	YMCA	101 Courthouse Lane, Chatham Phone: 519-360-9622 <a href="http://ymcaswo.ca/p/437/I/569/orgid/22851/t/YMCA_Home">http://ymcaswo.ca/p/437/I/569/orgid/22851/t/YMCA_Home</a>	Exercise/Stretching Classes: <ul style="list-style-type: none"> <li>• Walkfit</li> <li>• Y-Stretch</li> <li>• Muscle Works- Light</li> </ul> Strength based geared toward beginners and older adults. Focus on strength, endurance, and posture. Able to suit all fitness levels
	Active Lifestyle Centre	20 Merritt Avenue, Chatham Phone: 519-352-5633 <a href="http://activelifestylecentre.org">http://activelifestylecentre.org</a>	Various fitness and exercise classes, yoga, chair yoga – call for information.
<b>Foot Care Services</b>	Chiropody Foot Care Nursing Foot Care and Orthotics	Various providers available Please visit <a href="https://www.eriestclairhealthline.ca/listServices.aspx?id=10616&amp;region=ChathamKent">https://www.eriestclairhealthline.ca/listServices.aspx?id=10616&amp;region=ChathamKent</a>	Foot care and/or orthotics may provide additional support in management of hip and knee arthritis through relief of foot conditions affecting walking, and improved joint alignment.
<b>Mobility Aids/Braces Medical equipment and supplies</b>	Aids for walking Supports for joints Home medical equipment	Various providers available Please visit <a href="https://www.eriestclairhealthline.ca/listServices.aspx?id=10830&amp;region=ChathamKent">https://www.eriestclairhealthline.ca/listServices.aspx?id=10830&amp;region=ChathamKent</a>	Mobility aids and other devices can support pain management through reduced stress on joints