

## 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>	Windsor Family Health Team, Jackson Park Health Centre 2475 McDougall Ave, Suite 245 1-519-433-2191 ext 1221	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>Pool Therapy – Physiotherapist Led</b>	Active Body Physical Therapy  Koonar Physiotherapy  Pinnacle Rehabilitation  Sabga The CARE Institute	Vollmer Culture & Recreation Complex 2121 Laurier Parkway LaSalle, ON 519-250-1855  WFCU Centre 8787 McHugh Street Windsor, ON 519-974-9997  Atlast Tube Centre 447 Renaud Line Rd. Belle River, ON 226-363-0663  1505 Ouellette Ave. Windsor, ON 519-254-8188	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.  Suitable for all fitness levels with options and modifications provided for all levels of ability and intensity.

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<b>Community Aquatic Therapy Resources</b>	Atlas Tube Centre	447 Renaud Line Rd. Belle River, ON 519-727-0470	A water based exercise program can provide a wide variety of movements to improve strength and flexibility, with less joint impact.
	Adie Knox Herman Recreation Complex	1551 Wyandotte St. W., Windsor, ON 519-253-3157	Classes often incorporate strength, core stability, and stretching.
	Essex Recreation Complex	242 Talbot Street N., Essex, ON 519-776-8992	Suitable for all fitness levels with options and modifications provided for all levels of ability and intensity.
	Gina and Liz Marcus Community Pool	1168 Drouillard Rd. Windsor, ON 519-253-7028	
	Leamington Kinsmen Recreation Complex	249 Sherk St. Leamington, ON 519-322-2337	
	St. Clair College	2000 Talbot Rd. W. Windsor, ON 519-972-2727, ext. 4503	
	St. Denis Athletic & Community Centre, University of Windsor	2555 College Ave. Windsor, ON 519-253-3000, ext. 7029	
	Vollmer Culture and Recreation Complex	2121 Laurier Drive LaSalle, ON 519-969-7771	

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<b>Community Aquatic Therapy Resources cont'd</b>	WFCU Centre Community Pool	8787 McHugh Street Windsor, ON 519-974-7979	A water based exercise program can provide a wide variety of movements to improve strength and flexibility, with less joint impact.
	Windsor International Aquatics and Training Centre	401 Pitt Street W., Windsor, ON 519-974-2782	Classes often incorporate strength, core stability, and stretching.
	YMCA at Central Park Athletics	3402 Grand Marais Rd. E. Windsor, ON 519-419-1267	Suitable for all fitness levels with options and modifications provided for all levels of ability and intensity.
<b>GLA:D Program – Good Living with Arthritis: Denmark, program adapted in Canada</b> <a href="https://gladcanada.ca/">https://gladcanada.ca/</a>	Erie Shores Rehabilitation  Lifemark Tecumseh & Manning  Lifemark Dougall & Ouellette  Riverside Physiotherapy Clinic  Western Ontario Sports Injuries & Rehabilitation Centre	375 Main Street East Kingsville, ON (519) 733-4008  13311 Tecumseh Rd E Tecumseh, ON (519) 739-6061  2570 Dougall Ave Windsor, ON (519) 966-6900  832 Lauzon Rd Windsor, ON (519) 974-0913  400 Cabana Rd E Windsor, ON (519) 972-6230	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>Exercise and Falls Prevention</b>	Victorian Order of Nurses (VON)	4520 Rhodes Dr, Suite 400, Windsor, ON 519-254-4866 ext 6239	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/ Fall Prevention Dieticians/ Nutritional Counseling/ Smoking Cessation</b>	Windsor Essex Community Health Centre Active Aging and Diabetes Wellness Program	2885 Lauzon Pkwy, Units 106-107 Windsor, ON 519-997-2823	Community Health Centre- Most medical services covered by OHIP. <b>Specialized exercise programs</b> and education to people with chronic disease * focus on diabetes wellness, chronic disease management, active aging, falls prevention, and self-management <b>Home Safety Assessment and Grab Bar Program</b> - Occupational therapist assists people aging at home to be safe and independent in their homes <b>Clinical Dietitian</b> - Nutritional information and education * one-on-one, couple, or family sessions for people with food and health-related concerns (by referral) Smoking Cessation Individual or Group
	Windsor-Essex County Health Unit	City Centre Health Care-CMHA 519-971-0116 Essex County Nurse Practitioner Lead Clinic 519-776-6856 Harrow Family Health Team 519-738-2000 VON Nurse Practitioner Lead Clinic – Lakeshore 519-728-9116	<b>eat4life</b> - is a 5-week program which includes: * Instruction from a Registered Dietitian * Follow-up support between 3 and 6 months. * Resource booklet and handouts  The goal of eat4life: * To learn healthy lifestyle behaviours such as healthy eating and being physically active.

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<b>Dieticians/ Nutritional Counseling/ cont'd</b>	<p>Medical Weight Management Program &amp; Regional Bariatric Assessment and Treatment Centre</p>	<p>Windsor-Essex Community Health Centre 519-258-6002 Windsor-Essex County Health Unit 519-258-2146 Windsor Family Health Team 519-250-5656</p> <p>Hôtel-Dieu Grace Healthcare 1453 Prince Rd. Windsor, ON 519-971-9206 519-257-5111, ext. 79100</p>	<p><b>eat4life</b> - is a 5-week program which includes:</p> <ul style="list-style-type: none"> <li>* Instruction from a Registered Dietitian</li> <li>* Follow-up support between 3 and 6 months.</li> <li>* Resource booklet and handouts</li> </ul> <p>The goal of eat4life:</p> <ul style="list-style-type: none"> <li>* To learn healthy lifestyle behaviours such as healthy eating and being physically active.</li> </ul> <p>12 week behaviour modification program; 24 week behaviour modification plus meal replacement (Optifast900®) program.</p> <p>Regional Bariatric Assessment and Treatment centre offers surgical interventions for weight loss, preparation for weight loss surgery and after-surgery follow up care. Primary care referral required.</p>
<b>Nutritional Counseling</b>	<p>Loblaws In-store Dieticians</p>	<p>Zehrs St. Clair Beach/Parkway Mall 519-551-4493</p> <p>Zehrs LaSalle/Kingsville 519-562-9183</p> <p>Real Canadian Superstores Dougall Ave/Walker Rd 226-787-5473</p>	<p>In-store dietitian service available to support health and shopping needs of customers. Includes grocery store tours, cooking classes and health education events. Some services are free of charge.</p>
<b>Exercise Classes</b>	<p>YMCA of Windsor</p>	<p>Central Park Athletics 3402 Grand Marais Rd E Windsor, ON</p>	<p>Various programs available including fitness and aqua fitness <a href="http://ymcawo.ca/windsor-centralpark">http://ymcawo.ca/windsor-centralpark</a></p>

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<b>Physiotherapy Clinics (OHIP funded)</b>	Advanced Rehabilitation Centres Inc.	202-2425 Tecumseh Road E. Windsor, ON 519-254-2222	<p>Physician referral required Eligibility: Clients over age 65, under age 19; <i>or</i> receiving ODSP or Ontario Works;</p> <p>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></p>
	Uptown Physiotherapy Clinic	960 Tecumseh Road E. Windsor, ON 519-971-0316	
	Windsor Physiotherapy Services	13278 Tecumseh Road E, Suite 200 Tecumseh, ON 519-735-2152	
	Grossi Physiotherapy	204 Talbot Street West Leamington, ON 519-322-5588	
	Renew Physiotherapy	249 Sherk Street Leamington, ON 519-324-9233	
<b>Foot Care Services</b>	Chiropody Foot Care Nursing Foot Care and Orthotics	<p>Various providers available Please visit <a href="https://www.erieclairhealthline.ca/listServices.aspx?id=10616&amp;region=WindsorEssex">https://www.erieclairhealthline.ca/listServices.aspx?id=10616&amp;region=WindsorEssex</a></p>	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	<p>Various providers available Please visit <a href="https://www.erieclairhealthline.ca/listServices.aspx?id=10830&amp;region=WindsorEssex">https://www.erieclairhealthline.ca/listServices.aspx?id=10830&amp;region=WindsorEssex</a></p>	Mobility aids and other devices can support pain management through reduced stress on joints