

Arthritis Program

Rehabilitation Services
Lions Gate Hospital
231 East 15th Street
North Vancouver BC V7L 2L7
Tel: 604-984-5809

The Arthritis Program

Welcome to the Lions Gate Arthritis Program! We are a group of rehabilitation therapists specialised in the management of arthritis. We hope to teach you as much as we can about your condition, what you can do to help yourself (and there is so much!), and hopefully improve the quality of your life.

How to be referred

You can be referred through

- Your family doctor
- Your rheumatology specialist
- Your orthopedic surgeon

When we receive your referral, we will call you to set up an appointment time. There is usually a waiting period before you are seen.

Meet the team

The LGH Arthritis program team includes an Occupational Therapist and Physiotherapist. We also collaborate with Rheumatologists, a community Dietician and Pharmacist through our education sessions.

Types of conditions treated

This program is designed for people with:

- Inflammatory Arthritis including Rheumatoid Arthritis and Spondyloarthritis.
- Multi-joint Osteoarthritis
- Osteoporosis
- Systemic Lupus Erythematosus
- Connective Tissue Disorders

This program is not designed to assess or rehabilitate patients with non-inflammatory mechanical back pain (sciatica, degenerative disc disease, spinal stenosis, and spinal osteoarthritis), fibromyalgia, and chronic pain syndromes.

Services Offered

- Physical and functional assessment by the Physiotherapist and / or Occupational Therapist
- Access to education programs to empower you and help you better self-manage your condition
- Teach you specific exercise and activities to increase joint range and functional strength
- Individualized home exercise programs
- Self-management pain control strategies
- Promotion of maximal independence in home, work and leisure activities
- Energy conservation strategies to combat fatigue
- Joint protection strategies to reduce strain on painful joints
- Provision of splints and guidance for orthotics and bracing as needed
- Provision of assisted device information
- Liaison with various community programs
- Guidance on community physical activity options
- Communication with your family doctor or specialist regarding your progress and goals of treatment as needed.

How to prepare for your first appointment

Please arrive 10 minutes early as there is some paperwork to be done.

Please bring: your medical services card, comfortable clothing and your normal shoes for exercise. Please think about what you want from this session.

Cost

We do not charge for treatment but if you need a splint or “device” you will need to pay for this. Extended medical insurance plans may cover some of these costs.

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