

Arthritis Talks: Assistive Devices for Arthritis

Lisa Robinson Physiotherapist Ontario

June 8, 2022

Presenters



Dr. Siân Bevan
Chief Science Officer
Arthritis Society
(Moderator)

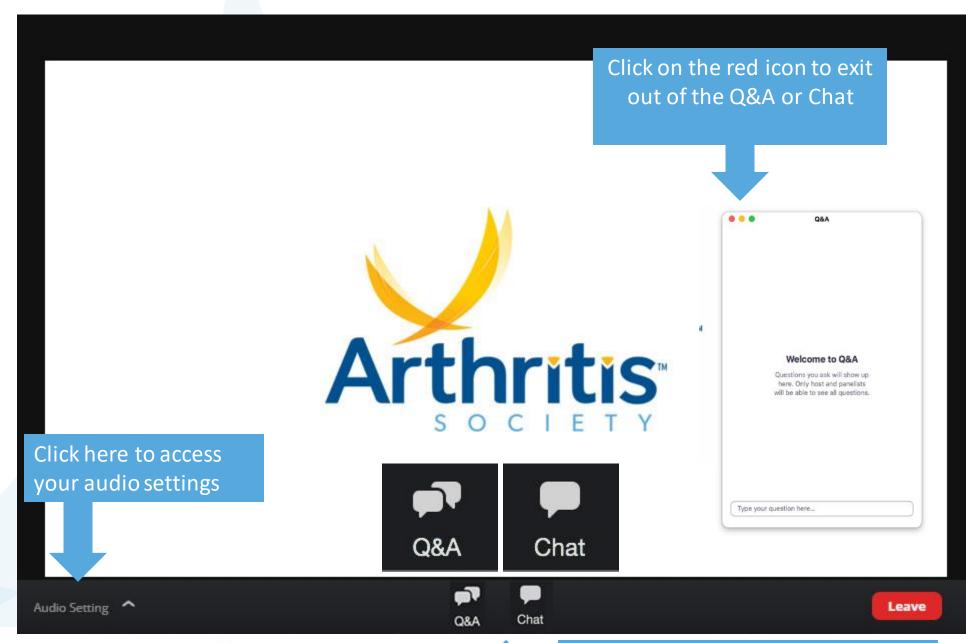


Lisa RobinsonPhysiotherapist
Ontario

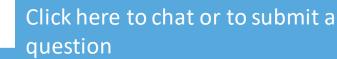


Webinar tips

- 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







Overview

[1] Lifestyle Modifications



[2]
Assistive Devices



[3] **Q&A**





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I don't want to rely on assistive devices or other people, but everyday tasks are very difficult. What should I do?





Bathroom





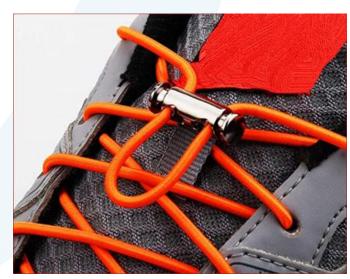




Dressing





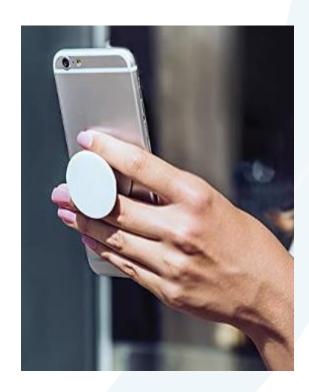






Technology





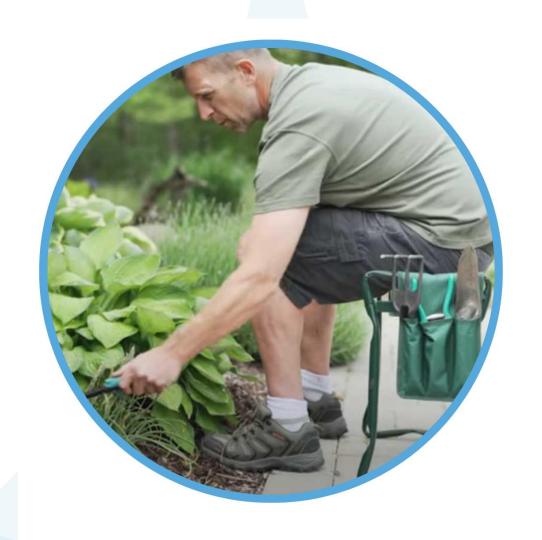






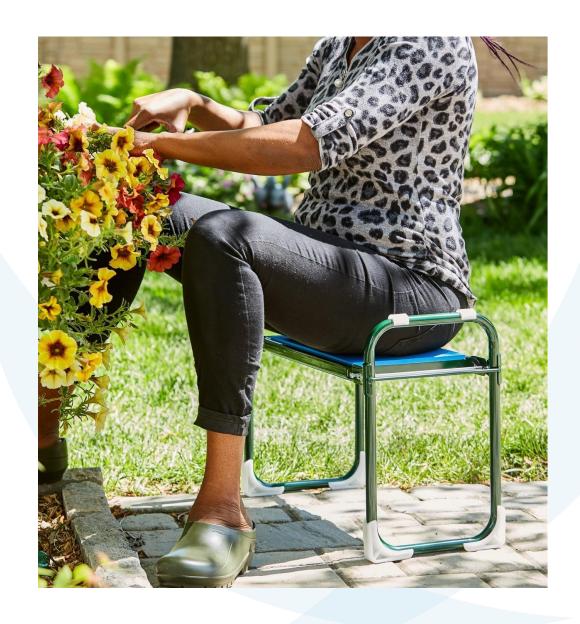


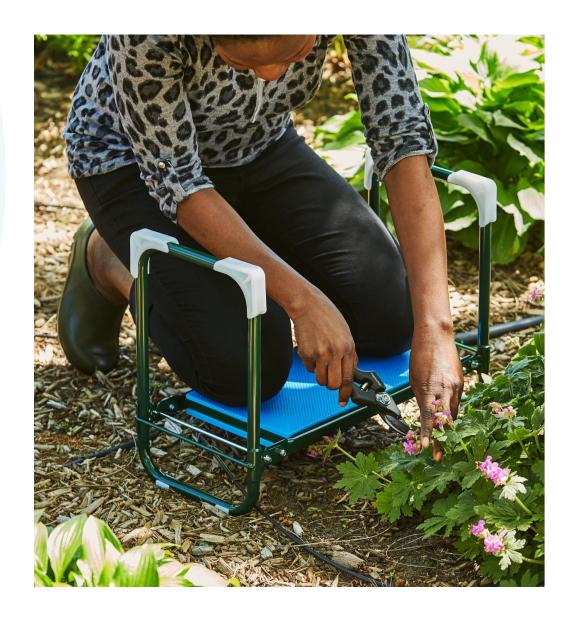
What can I do to help with the pain in my hands and back when gardening?





Gardening Kneeler Stool







Ergonomic Gardening Tools







Use Bigger/Multiple Joints









I'm an avid golfer but often in pain at night. I don't want to give up golfing, what can I do?





Stretches













Carry vs Push vs Pull vs Cart



Enlarged Club Handles









Cooking and baking are my passions but it's getting harder to stand for long periods of time and hard on my hands. What tools can I use to make it easier?





Openers







Electric and Battery Operated









Work smarter not harder







Protect your Back and Legs







Any final thoughts or recommendations?





Questions





Opticare Arthro and Ableware Auto Squeeze







Tell us what you think...





Next webinar



6 p.m. ET

Arthritis Talks
Arthritis-friendly Eating

featuring registered dietitian Cristina Montoya

Join us to learn about:

- Anti-inflammatory nutrition
- · Budget-friendly meal prep and recipe ideas
- · Recent research into how the food you eat may affect your arthritis

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