

# Mary Pack Arthritis Program

## Victoria Arthritis Centre

2680 Richmond Rd, Victoria BC, V8R 4S9

Find us online at  
<http://mpap.vch.ca>

### Services available at our centre:

**Occupational Therapists** help find solutions to improve your quality of life and independence. They may suggest equipment, splints, or orthotics. \*

**Physical Therapists** teach specific exercises to improve function. They also give guidance and education to help reduce pain. \*

**Registered Nurses** provide supportive counselling and education focusing on medications, nutrition and pain management related to arthritis.

**Social Work Counsellors** provide support and teach skills to cope with the social and psychological effects of living with chronic illness.

### Other Programs:

**Osteoporosis Rehabilitation Program** For people who have become less active due to their osteopenia or osteoporosis. Includes education and exercise classes in a small group. 7 sessions – Wed/Fri 1 – 3 pm. \*

**Children’s Arthritis Program** Offers assessment, treatment, and education. The team includes a Pediatric Rheumatologist, Nurse, Occupational therapist, Physical therapist, and Social Worker. \*

**Fibromyalgia (FM) Self-Management Program** This program helps people develop the skills and knowledge to manage FM and enhance quality of life.

\* Please note a doctor or nurse practitioner’s referral is needed.

### Monthly Class Schedule

*No referral required – Turn page over for class descriptions.*

Mon	Tue	Wed	Thu	Fri
	<b>Osteoarthritis</b> First Tuesday 10:30 – 12 pm			<b>Spine A</b> First Friday 10:30 – 12 pm
<b>Weekly Weigh In (Weight Management)</b> Every Monday 11:30 – 12 pm	<b>Medication and Nutrition</b> Second Tuesday 10:30 – 12 pm  <b>Joint Protection of the Arms</b> Second Tuesday 1:00 – 2:30 pm	<b>Weight Management</b> Wednesdays 6 weeks – 3x per year 10:30 – 12 pm	<b>Sleep and Arthritis</b> (odd months)  <b>Footwear and Arthritis</b> (even months)  Second Thursday 10:30 – 12:00 pm	<b>Spine B</b> Second Friday 10:30 – 12 pm
<b>Understand and Manage Pain</b> Third Monday 10:30 – 12 pm	<b>Joint Protection of the Legs</b> Third Tuesday 1:00 – 2:30 pm		<b>Inflammatory Arthritis</b> Third Thursday 1:30 – 3:30 pm	<b>Spine C</b> Third Friday 10:30 – 12 pm
	<b>Computer Ergonomics</b> Fourth Tuesday 1:00 – 2:30 pm		<b>Fatigue Management</b> Fourth Thursday 10:30 – 12 pm	<b>Exercise and Arthritis</b> Fourth Friday 10:30 – 12 pm

## Education Classes

No referral required

Call 250-598-2277 ext 0 to register

**Family members welcome!**

Please let us know if you are bringing someone.

*Turn page over for class schedule.*

<b>Understand and Manage Pain</b>	Learn how pain travels from its source to the brain. Use this information to explore pain management strategies.
<b>Osteoarthritis (OA) *</b>	Learn what osteoarthritis is and how it affects the body. Discuss treatment and management.
<i>*If you have rheumatoid arthritis, psoriatic arthritis or ankylosing spondylitis please call Tricia (Nurse) at 250-519-4003 for class information.</i>	
<b>Medication and Nutrition</b>	Discuss the use of medications to treat arthritis. Explore the relationship between nutrition, diet and arthritis.
<b>Joint Protection of Hands/Arms</b>	How to protect the joints in the arms and hands while performing everyday tasks.
<b>Joint Protection of Legs</b>	How to protect the joints in the hips and knees while performing everyday tasks
<b>Computer Ergonomics</b>	How to work comfortably at your computer by reducing strain and fatigue.
<b>Stress and Pain Management Course</b>	Learn effective techniques for reducing stress, tension, and worry for managing pain, and for dealing with the emotional impact of living with arthritis. Contact Carol (Social Work) at 250-519-4004.
<b>Weight Management</b>	Information and support for those with arthritis who have difficulty losing weight or keeping it off. Explore goal setting, nutrition, exercise, motivation and road blocks in a welcoming group.
<b>Weekly Weigh in</b>	Weekly drop in to keep motivated with weight management.
<b>Sleep and Arthritis</b>	Ways to better manage sleep.
<b>Footwear and Arthritis</b>	Specific shoe features and other tips to manage foot pain.
<b>Fatigue Management</b>	Discuss factors that affect fatigue. Examine your daily activities and learn to conserve energy.
<b>Spine Series A/ Anatomy</b>	Basic spine anatomy and the effects of arthritis on your back.
<b>B/ Joint Protection</b>	How to protect your neck and back during everyday activities.
<b>C/ Self-Management</b>	Discuss treatments and self-management to maintain the function of your spine.
<b>Exercise and Arthritis</b>	Learn principles of exercising with arthritis. No <i>specific</i> exercises are taught.