

## An introduction to the PT assessment & management of rheumatic diseases

Join us for a 4-day (virtual and in-person) course on best practices in the assessment and management of common rheumatic conditions. This course will provide approximately 21 hours of live instructional time with an additional requirement of 4 hours of pre-viewing.

**Virtual (via Zoom):** May 2 & 4, 12:30 pm to 4:30 pm

**In-Person:** May 9 & 10, 8:00 am to 4:30 pm

**In-person sessions will take place at the Mary Pack Arthritis Center**  
895 W 10<sup>th</sup> Avenue, Vancouver, BC

### Virtual Content

- Overview of rheumatic diseases
- Medical management of arthritis
- Interdisciplinary pain management
- Nutrition and weight management
- Imaging for arthritis
- Rheumatoid arthritis history and treatment principles
- Osteoarthritis assessment and treatment
- Physical activity guidance and support

### In-person Content

- Rheumatoid arthritis joint count and assessment
- Spondyloarthritis assessment and treatment
- Exercise prescription and case studies
- Joint protection and energy conservation
- Self-management and patient education
- Arthritis outcome measures
- Interdisciplinary case studies (with patient participants)
- Arthritis patient and professional resources



**Register online:**

[Click here to Register](#)

**Note:** under current BC Provincial health guidelines, all visitors to our facility require proof of full vaccination

FOR MORE INFORMATION, contact:

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\*\* If you are a permanent VCH/PHC employee, please contact Marie Westby to discuss possible course fee reductions\*\*