



RA Models of Care Toolkit

Shared care

Non Medication Treatment (Box 10)

1) Arthritis Consumer Experts – Non Medication Treatments: Physiotherapy

<https://jointhehealth.org/aboutarthritis-treatments-physiotherapy.cfm?locale=en-CA>

2) Arthritis Consumer Experts – Non Medication Treatments: Diet and Nutrition

<https://jointhehealth.org/aboutarthritis-treatments-diet.cfm?locale=en-CA>

3) Arthritis Consumer Experts – “Exercise and good nutrition: essentials for a complete arthritis treatment plan”

<https://jointhehealth.org/programs-jhmonthly-view.cfm?id=115&locale=en-CA>

4) HealthWise: Exercising Safely with Arthritis

<https://myhealth.alberta.ca/health/Pages/HealthVideoPlayer.aspx?HWvideoCat=Exercising%20Safely%20With%20Arthritis&HWvideoTop=Bone%20And%20Joint%20Health&wid=abo5585>

5) Arthritis Consumer Experts: “Important things to know about "natural" treatment approaches”

<https://jointhehealth.org/programs-jhinsight-view.cfm?id=109&locale=en-CA>