Non Medication Treatment (Box 10)

1) Arthritis Consumer Experts – Non Medication Treatments: Physiotherapy
https://jointhealth.org/aboutarthritis-treatments-physiotherapy.cfm?locale=en-CA

2) Arthritis Consumer Experts – Non Medication Treatments: Diet and Nutrition
https://jointhealth.org/aboutarthritis-treatments-diet.cfm?locale=en-CA

3) Arthritis Consumer Experts – “Exercise and good nutrition: essentials for a complete arthritis treatment plan”
https://jointhealth.org/programs-jhmonthly-view.cfm?id=115&locale=en-CA

4) HealthWise: Exercising Safely with Arthritis

5) Arthritis Consumer Experts: “Important things to know about "natural" treatment approaches”
https://jointhealth.org/programs-jhinsight-view.cfm?id=109&locale=en-CA