

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 22 hours of live instructional time with an additional 6 hours of required pre-viewing.

Virtual (via Zoom): March 2 & 4th, 12:30 pm to 4:30 pm

In-Person: March 9 & 10th, 8:00 am to 4:30 pm

In-person sessions will take place at the Mary Pack Arthritis Centre

895 W 10th Avenue, Vancouver, BC

Refreshments & lunches provided

Virtual Content (live, online & pre-recorded sessions)

- Overview of rheumatic diseases
- Medical management of arthritis
- Interdisciplinary pain management
- Nutrition and weight management
- Joint protection and energy conservation
- History, clinical presentation and treatment principles for rheumatoid arthritis & spondyloarthritis
- Osteoarthritis assessment and treatment
- Physical activity and arthritis

In-person Content

- Rheumatoid arthritis joint count and treatment
- Spondyloarthritis assessment and exercises
- Exercise prescription and case studies
- Self-management and patient education
- Arthritis outcome measures
- OA care pathway and programs
- Arthritis patient and professional resources
- Interdisciplinary case studies (with patients)



**Early Bird Pricing until
Jan 9, 2026!**

Full Course: \$725+GST
Virtual Only: \$175+GST

After Jan 9th:
Full course: \$775+GST
Virtual Course: \$225+GST

FINAL REGISTRATION DEADLINE
FEB. 3rd, 2026

CLICK [HERE](#) TO REGISTER

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****