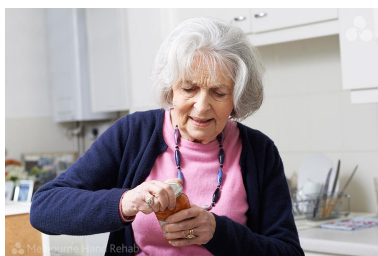


Hand therapy webinar for you to learn more about osteoarthritis and treatment options available.

At Melbourne Hand Rehab, we find that many people with arthritis including osteoarthritis have a low understanding of the exact nature of their condition and what strategies can be adopted to help.

Our **FREE** information webinar aims to provide a better understanding of osteoarthritis and an overview of the most up-to-date hand therapy options for treating and managing the condition.

The degenerative nature of this osteoarthritis means that individuals experience an increase in pain and find a steady reduction in hand movement, strength and ability to participate in meaningful activities. While the damage cannot be reversed, good management of the condition can not only help to regain function, movement, and pain relief, but also empowerment.



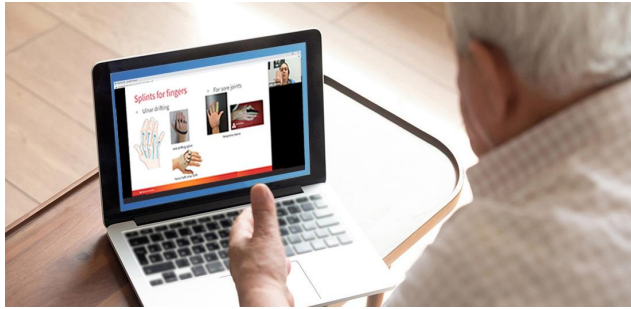
Our Osteoarthritis webinar

Our webinar enables you to connect with our expert hand therapists as they share information designed to help reduce the pain and symptoms associated with osteoarthritis and techniques to manage them.

The webinar is hosted by hand therapists Jess Cauchi and Ben Jaap and covers:

- What is arthritis?
- How can hand therapy help to manage arthritis?
- Principles of hand therapy treatment for osteoarthritis
- Learn about: splinting, pain relief strategies, massage, adaptive equipment and exercises
- An interactive Q&A with our hand therapists

The webinar is free and presented over Zoom by our experienced hand therapists.



If you are new to webinars how does it work?

Webinars (web seminars) are video lectures hosted online. Once you have registered for the webinar you will be sent a link for the event. Here are the answers to some commonly asked questions:

- You do not need to download any special apps or software.
- Our webinar is run on *Zoom*.
- You can watch on a computer, tablet or smartphone.
- You do not need to be on camera for the webinar.
- The webinar is not recorded for the public.
- Webinar notes are available after the event.
- The event includes an interactive Q&A section.
- The webinar runs for about 40 minutes in total.

Register for a free webinar

To register for a free osteoarthritis webinar:

<https://melbournehand.com.au/about-us/hand-therapy-webinars/>

For more information, call us directly on **03 9458 5166**

Email: info@melbournehand.com.au

Visit our website at www.melbournehand.com.au

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