

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

At Melbourne Hand Rehab, we find that many people with arthritis including rheumatoid arthritis 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 RA and an overview of the most up-to-date hand therapy options for treating and managing the condition.

Currently rheumatoid arthritis does not have a cure. Good management of the condition can not only help to regain function, movement, and pain relief, but also empowerment.



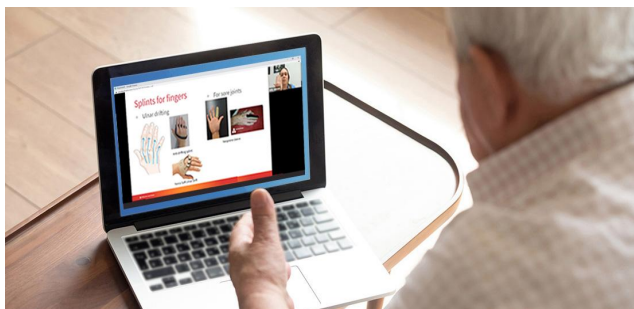
Our Rheumatoid Arthritis webinar

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 rheumatoid arthritis and techniques to manage them, including the SARAH Management Program. This exercise program is a new evidence-based 'stretch and strengthening' program specifically designed for hands with rheumatoid arthritis.

The webinar is hosted by hand therapist Karen Friesen and covers:

- What is rheumatoid arthritis (RA)
- Principles of hand therapy treatment for RA
- 10 things you can do to manage your hand rheumatoid arthritis
- Learn about: splinting, pain relief strategies, adaptive equipment and exercises
- Understanding the SARAH Management Program: Strengthening and Stretching for Rheumatoid Arthritis of the Hand
- Dispelling some of the myths around rheumatoid arthritis
- 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 rheumatoid arthritis 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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