

FREE IN-PERSON TALK

**MANAGING
OSTEOARTHRITIS: HOW
PHYSIOTHERAPY CAN
HELP YOU STAY ACTIVE
AND INDEPENDENT**



Knee and hip osteoarthritis (OA) are among the most common causes of pain, stiffness, and reduced mobility in adults, often leading to decreased function and quality of life. This presentation will provide an overview of OA, including its causes, symptoms, and impact on daily activities. We will highlight evidence-based strategies that can help reduce pain, improve strength and flexibility, and enhance overall function. Attendees will gain a clear understanding of how physiotherapy plays a critical role in managing OA, promoting independence, and delaying or even preventing the need for surgical interventions.

Thursday, January 29th, 2026

7:00-8:00 pm

**EPA Georgetown - 378 Mountainview
Rd S, Unit 7**



**Hosted by Zenil Gandhi, Registered
Physiotherapist**



Call to RSVP (905) 873-3103