

OSTEOARTHRITIS (hip/knee) EXERCISE REFERRAL FORM

FOR PATIENT USE

First Name:		Last Name:	
Address:		Home Phone:	
City:		Birth Date: <i>(mm/dd/yyyy)</i>	
Email:			
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female		Language Spoken: <input type="checkbox"/> English <input type="checkbox"/> French <input type="checkbox"/> Other:	

FOR CLINICIAN USE

Osteoarthritis Status

Affected Joint			Pain Levels	
Hip OA		Knee OA	1-10 at rest	1-10 with movement
L	R	Both	_____	_____
L	R	Both		

Contraindications – conditions affecting exercise participation

Contraindications:

Referring Health Practitioners Name

Contact Number

Referring Health Practitioners Signature

Patient Signature

Stand Up to Falls for Osteoarthritis (OA)

Registered Kinesiologists work with clients twice weekly in group sessions for six weeks in-person. Hip and knee specific exercises. Osteoarthritis education and symptom management. FREE. **Referral Required (see reverse).**

SMART™ Exercise and Fall Prevention Classes

Community Support Connections offers **FREE** fall prevention education and gentle exercise sessions. Drop-in, no registration required. Classes are 60-90 minutes each. Meet people, stay active! Everyone is welcome.

For details or to request a group session call 519-772-8787.

Gentle Exercise sessions are taught by trained staff and volunteers following SMART™ (Seniors Maintaining Active Roles Together) – a national, evidence based gentle exercise and fall prevention program developed by VON Canada in consultation with physiotherapists, kinesiologists and older adults themselves.

The goal of our programs is to assist older adults in maintaining or improving their functional fitness and independence. Functional fitness is about strength, endurance, balance and flexibility.