

Foot OA Education Resources

Open a resource by clicking on its title.

OASIS Resources

- Powerpoint: [Managing Foot & Ankle Osteoarthritis](#)
- Videos (on the right side under **Related Links**):
 - [Osteoarthritis of the Big Toe](#)
 - [Osteoarthritis of the Midfoot](#)
- Handouts:
 - [Osteoarthritis – Protecting the Joints in your Legs and Feet](#)
 - [Products for Foot Osteoarthritis](#)
 - [Foot Exercises](#)
 - [Over The Counter Pain Medications](#)
 - [Safe Use of Medical Cannabis](#)

Further Resources

[Healthlink BC](#) – Non-emergency health information and services.

[Pain BC](#) – Extensive information, research, support and guides for those living with pain.

[Health Canada - Cannabis for Medical Purposes](#) – Information about how to gain legal access to medical marijuana through a licensed producer.