

Hand OA Education Resources

Open a resource by clicking on its title.

OASIS Resources

- Powerpoint: [Hand Presentation](#)
- Videos (on the right side under **Related Links**):
 - [Hand Joint Protection](#)
 - [Hand Exercises](#)
- Handouts:
 - [Hand Osteoarthritis – Protecting your Joints](#)
 - [Over The Counter Pain Medications](#)
 - [Safe Use of Medical Cannabis](#)
 - [Products for Hand Osteoarthritis](#)

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.