

Managing Hip & Knee OA Education Resources

Open a resource by clicking on its title.

PowerPoint: [Managing Hip & Knee OA](#)

- Handouts:
 - [Protecting the Joints in your Legs and Feet](#)
 - [My Pain Diary](#)
 - [Lower Mainland Medical Supply Companies](#)
 - [Walking Poles](#)
 - [Using a Cane](#)
 - [Water Exercises](#)

- Videos (on the right side under **Related Links**):
 - [Hip Replacement surgery](#)
 - [Knee Replacement surgery](#)
 - [Chair Height](#)
 - [Making the Decision to have Joint Replacement Surgery](#)
 - [Joint Replacement: The Patient Experience](#)

- Guides (on the right side under **Related Links**)
 - [Before, During and After Hip & Knee Replacement Surgery: A Patient's Guide](#)