

Shoulder Arthritis Education Resources

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OASIS resources

- Webinar presentation: [Shoulder Arthritis](#)
- Handouts:
 - [Protecting your Shoulders](#)
 - [Shoulder Exercises](#)
 - [Over the Counter Pain Medications](#)
 - [Safe Use of Medical Cannabis](#)

Other resources

- [The Arthritis Society](#) – general arthritis information
 - [Shoulder Exercises videos](#) by The Arthritis Society
- [Mary Pack Arthritis Program](#) – public Arthritis Services within Vancouver Coastal Health
- [Physiotherapy Association of BC](#) – find a physiotherapist near you
- [Self-Management BC](#) – Free health programs for adults living with chronic conditions
- [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
- [Healthlink BC](#) – Non-emergency health information and services