

Dr. Kristen Barton

“Joint Management: An Online Web-Based Platform to Support Individuals with Mild to Moderate Hip and Knee Osteoarthritis”

Dr. Barton, from Western University, received the 2023 **Bones & Phones Scholarship** for her role in the development of *Joint Management*, a free evidenced-based website to support individuals with mild to moderate hip and knee osteoarthritis (OA).

Joint Management focuses on non-operative management strategies and includes patient education and exercise programming information to engage patients in self-management with a goal of mitigating pain and improving mobility. The website includes evidenced-based OA education (information about OA and living with a diagnosis of OA, debunking myths surrounding OA, lifestyle modifications, and weight management, etc.), an exercise library (videos, sample workouts, and exercise logs), adjunct therapies for non-operative management (downloadable infographics on medications and joint injections, etc.), and a virtual physiotherapy option (for a fee) that aims to optimize a patient’s experience within the web-based platform, offering support and personalized recommendations regarding management of their condition and exercise programming tailored to their specific abilities, preferences, and needs.

Joint Management will be implemented across Canada as a free OA resource for all Canadians, launching later this year through The Arthritis Society’s Arthritis Rehabilitation and Education Program.