

OA & SPORTS MEDICINE

Orillia is offering an 8-week education & exercise program for people with stiff knees and hips, related to osteoarthritis

Education Sessions



Neuromuscular Exercise Sessions



Dr. Jason Porr, Chiropractics



Dr. Richard Huff, Physiotherapy

Research shows participants report less pain, reduced use of pain killers, less sick leave and being more physically active.

In addition to the program, patients learn strategies to reduce their pain and develop an active lifestyle.

Also Included:

Manual Therapy, Anti-Inflammatory Education, Nutritional & Supplement Counselling, OA Bracing Education, Weight Loss Programs, Orthopaedic Guided Viscosupplementation.



Visit sportsmedicine.on.ca or call 705-325-2200

3285 Monarch Drive, Unit A#3, Orillia, West Ridge Mall

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