

Specialty Clinics

Arthritis Care Clinic

Arthritis Care

Arthritis is an inflammation of the joints. It can affect one joint or multiple joints. The symptoms of arthritis usually develop over time, but they may also appear suddenly. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. Arthritis is more common in women than men and in people who are overweight.

Cartilage is a firm but flexible connective tissue in your joints. It protects the joints by absorbing the pressure and shock created when you move or put stress on them. The reduction in the normal amount of this cartilage tissue causes some forms of arthritis.

The main goal of treatment is to reduce the amount of pain you are experiencing and prevent additional damage to the joints. Improving your joint function is also important. Physical therapy involving exercises that help strengthen the muscles around the affected joint is a core component of arthritis treatment.

Vijay Sharma

Manager and Registered Physiotherapist

With his over 12 years of practice in physiotherapy, he has experience in sports injuries, orthopaedic injuries and disorders, arthritis and related conditions like Osteoarthritis, Rheumatoid arthritis, Fibromyalgia, autoimmune disorders etc, and various neurological conditions like Parkinson's Ds., Traumatic Brain and spinal cord injuries etc.

He completed his ACPAC -Advanced Clinical Practitioner in Arthritis Care certification from University of Toronto in 2015 while practicing and managing a few clinics in Ottawa and he was first one to do that from any clinic in Canada.

He is a firm believer in continually updating his skills and is certified in TMJ/jaw pain treatment, arthritic care, Manual therapy, Concussion rehab, Vestibular rehab, Graston technique, Acupuncture, Dry needling, Chinese traditional Cupping, M2T Blade and Kinesiology Taping.

He is ADP authorized for walkers and wheelchairs and can prescribe custom orthotics, compression socks and custom braces

Clinic Hours

Westboro:

Monday - 2pm – 4pm

Wednesday - 2pm – 4pm

Friday - 2pm – 4pm

Nepean:

Monday - 7am – 9pm

Tuesday - 7am – 9pm

Wednesday - 7am – 9pm

Thursday - 7am – 9pm

Friday - 7am – 9pm

Kanata:

Tuesday - 12pm – 4pm

Thursday - 12pm – 4pm