



Physiotherapy **E**xercise and **A**ctivity for **K**nees

PEAK Arthritis Management Program

The PEAK program provides evidence-based management of knee arthritis via a tele-health platform. It delivers education and strengthening exercises designed to empower clients to manage knee arthritis symptoms.

What is included?

- Five 1-on-1 sessions over a 3-month period delivered online via Zoom
- Access to exercise videos, education booklet, and exercise program booklet
- Knee arthritis education
- Exercise program to improve lower extremity strength

Who would this benefit?

- People over the age of 45
- People who have pain in the knee with daily activity
- People who have difficulty with stairs or prolonged walking

What is the cost of the program?

- Free initial 10-minute consult to determine if the program is right for you
- Initial assessment of \$95, 4 follow up appointments at \$60.
- Total cost: \$335 (can be billed to extended health benefits)

To book a free consult, call Beth Ballard at (778) 802-6519

