

Guide for BC Family Physicians for referring patients with inflammatory arthritis (IA) to physiotherapy (PT)

Is PT indicated?

- What are the indications for PT in IA?**
- New IA diagnosis
 - Pain/stiffness/swelling/fatigue/joint damage substantially affecting daily physical functioning/mobility
 - Needs PT guidance and support for appropriate physical activity participation
 - Moderate to high fall or fracture risk
 - Moderate to high cardiovascular risk

IF PT not indicated:
 Promote physical activity participation

- ❖ Patient resources ([bcphysio_pdf1](#))
- ❖ Physician resources ([exerciseismedicine.ca](#))

Monitor & consider future referral

Is specialized 'Arthritis' PT indicated?

- IF PT: When is 'Arthritis' PT indicated in IA?**
- New IA diagnosis
 - Active disease (not yet controlled)
 - Acute flare in established IA
 - Advanced joint damage
 - Acute post-surgical (within 3 months)



'Arthritis' PT indicated

'Arthritis' PT not indicated OR not available

How will PT be funded?

Public Funding

Private Insurance / Self-Pay

Private Insurance / Self-Pay

- Mary Pack arthritis programs ([bcphysio_pdf2](#))
- Hospital-based arthritis programs ([bcphysio_pdf3](#))

Private PT with additional arthritis training ([bcphysio_pdf4](#))

Private PT ([bcphysio_find](#))
 Click on 'Find a Physio' tab
 Search area(s) of expertise

- Arthritis or Rheumatology
- Hand or CHT (if hands are primary complaint)

How to refer to PT?