Introduction to Arthritis

Physiotherapy in Calgary for Arthritis

Welcome to the Momentum Health's resource about arthritis.

Arthritis is one condition that can be incredibly debilitating to a sufferer of this disease. Arthritis can cause pain, inflammation, stiffness, limitation of movement, and can keep you from fully enjoying your life.

However, there is a light at the end of the tunnel!

This section of our site is designed with the Arthritis sufferer in mind. We want to be a resource for you, to provide you with the information and assistance you need in order to take control of your condition and let Arthritis know just who exactly is the boss.

There is no reason you shouldn't be able to do all of the activities that you love to do, whether it is dance, play a sport, lift your children or your grandchildren, or simply sit at the computer and update your social media status.

Arthritis doesn't have to kill your fun and if you work with us, we won't let it.

Click on a link to learn more:

GLA:D Hip/Knee - the program to prevent or prolong the need for arthroplasty

Osteoarthritis

Rehabilitation

Rheumatoid Arthritis

Viral Arthritis

Psoriatic Arthritis

Gout

Hear from some of our patients who we treated for **Arthritis**

- " Brought my 92 year old mother in for therapy with sore leg caused by arthritis in the spine and after four treatments the therapist Meghan Murphy referred us to the fall clinic as her balance was very... "
" Brought my 92 year old mother in for therapy with sore leg caused by arthritis in the spine and after four treatments the therapist Meghan Murphy referred us to the fall clinic as her balance was very poor and as the wait time was long Megan got the home care physio to see her at the home care facility to give her therapy. . She was excellent in providing care and exercises to do in the home and felt she needed the extra

help to prevent more falls as she had already had three in the past few months. I appreciate the care and followup I have received from this therapist in dealing with my mother . Truely appreciated . ”
Anica M
Calgary, AB
View all google reviews

•

“ I recently attended a GLA:D program for education and exercise for osteoarthritis at Momentum Health in Seton in Calgary, Alberta. I was under the care of Dr. Teac Engen 2 times a week for 7 weeks of... ”
“ I recently attended a GLA:D program for education and exercise for osteoarthritis at Momentum Health in Seton in Calgary, Alberta. I was under the care of Dr. Teac Engen 2 times a week for 7 weeks of education exercises for the hips and knees. During that time, I learned valuable resistance training to help build up the areas around the hip and knee joints. The sessions were professionally carried out and I was treated with kindness and understanding. Dr. Engen created an environment for me to excel. He communicated through word and action. He lead by example and allowed me to discuss my feelings openly. He seeks input and involvement from others. He recognizes the contributions of others. I am comfortable going back to the program in the future if I need additional help. Sincerely Linda Rogers ”
Linda R
Calgary, AB
View all google reviews

•

“ Russ, Mark and Safia were extremely knowledgeable and helpful in helping me with the GLAD program. Anybody with arthritis in the knees, or the hips should go to Monument health at Deerfoot City and... ”
“ Russ, Mark and Safia were extremely knowledgeable and helpful in helping me with the GLAD program. Anybody with arthritis in the knees, or the hips should go to Monument health at Deerfoot City and check out the GLAD program. ”
Mike P
Calgary, AB
View all google reviews

•

“ From the beginning the staff have been excellent. This is an excellent program for anyone with Osteoarthritis in your knees or hips, as you can avoid surgery by doing the exercises and movements... ”
“ From the beginning the staff have been excellent. This is an excellent program for anyone with Osteoarthritis in your knees or hips, as you can avoid surgery by doing the exercises and movements taught in this program. Thank you Carley for explaining the GLA:D program to us at the beginning. Josh(Kinesiologist),did an excellent job of teaching us proper exercise and movements to alleviate pain in these joints. If we were not doing it right he would correct us. I really noticed less pain in my right knee and left hip. I would recommend this program to anyone having hip and knee pain. Thank you, Madeline ”
Madeline H
Calgary, AB
View all google reviews

•

“ This is a brand new facility located in NE Calgary.l have been going there for four months and found it to be an extremely nice experience.from the receptionist to the physiotherapist who worked with... ”

“ This is a brand new facility located in NE Calgary.l have been going there for four months and found it to be an extremely nice experience.from the receptionist to the physiotherapist who worked with me. Rebecca designed a program for me which was age appropriate for someone with severe arthritis. She is extremely professional and well organized. Your program is made for you and you are encouraged to exercise at home. All the Covid protocol has always been followed. This is a pristine facility with lots to offer. ”

Dawne A

Calgary, AB

View all google reviews

•

“ It works! Getting professional and personable service for recurring pain and my arthritis from Rebecca the physio is really helpful. Megan is able to get to real hurt zone with her trigger point... ”

“ It works! Getting professional and personable service for recurring pain and my arthritis from Rebecca the physio is really helpful. Megan is able to get to real hurt zone with her trigger point therapy. The office looks after billing my insurance which is break from all the hassle. ”

Peter G

Calgary, AB

View all google reviews

•

“ Hi the glad program help me a lot as before i did the Hip and Knee glad program my knee's would give in on me and caused a lot of pain from the arthritis , i am now able to do more in my job with... ”

“ Hi the glad program help me a lot as before i did the Hip and Knee glad program my knee's would give in on me and caused a lot of pain from the arthritis , i am now able to do more in my job with stairs and walking the dog not much but more then i was able to do before , also has a loud me to get down on my knee's a bit more not for long . Thank you ”

S H

Calgary, AB

View all google reviews

•

“ 5+ star experience. I've had arthritis and tried numerous unsuccessful ways to ease my joint pain until I met Dr Joel Newman. His needling works great on my joints. Strongly recommend this young... ”

“ 5+ star experience. I've had arthritis and tried numerous unsuccessful ways to ease my joint pain until I met Dr Joel Newman. His needling works great on my joints. Strongly recommend this young professional physician!! ”

Stanley L

Calgary, AB
View all google reviews

•

“ I have to say that Peter has been amazing through my journey of a newer program called GLAD. It is basically a way to regain strength, mobility and freedom from some pain associated with arthritis in... ”
“ I have to say that Peter has been amazing through my journey of a newer program called GLAD. It is basically a way to regain strength, mobility and freedom from some pain associated with arthritis in the knees and or hips. He has a wonderful way of encouraging you, his patients is amazing, fantastic knowledge and even when the group of us stumped him he always came back the next session with an answer, he always managed to keep us smiling and made the struggle from pain a little bit more fun... ask to see his socks...lol love the socks. He gave us tips and suggestions for continuing on ,leaving us with an incredible amount of tools for continued success... all we have to do is do it. I just want to say that my experience with the wonderful staff at Momentum Health has been a pleasure, Thank you so much Peter and Thank you everyone else for all the smiles and encouragement, it was all appreciated. One more quick note... Thank you to the Ladies of my group you helped make it fun toooooo. ”
Nina E
Calgary, AB
View all google reviews

•
•