



# Rheumatology Bootcamp 101: Assessment & Management of Rheumatic Disease

**Advance your expertise in rheumatic conditions.** This comprehensive **4-day hybrid course** (virtual and in-person) delivers approximately **22 hours** of live, expert-led training, supported by **6-10 hours of preparatory materials** covering optimal evidence-based clinical practices in arthritis management. Curated for allied health care professionals (PT, OT, RN, RPN, SW, PA) in community and hospital settings, led by practising experts, and designed to minimize impact on clinical operations. Pharmaceutical industry participants please contact [support@rheumacademy.com](mailto:support@rheumacademy.com).



## Virtual (via Zoom):

**October 22nd & 23rd, 2026 – 5:30–9:00 pm**

## In-Person:

**October 24th (12pm–8pm) and October 25th, 2026 (8:30 am–5 pm)**

Venue: St George Physiotherapy Clinic — 180 Bloor St. West, Suite 1202, Toronto, ON M5S 2V6

(Refreshments & lunch provided)

## Virtual Content (Online Zoom Sessions)

- Overview of commonly encountered rheumatic diseases and their clinical features
- Medical and pharmacological management of arthritis diagnoses, including DMARDs and biologics
- Interdisciplinary pain management: mechanisms, assessment tools, and team-based approaches
- Role of optimal nutrition, weight management, and lifestyle modification in rheumatic disease
- Pathophysiology, clinical presentation and treatment principles for RA, spondyloarthritis, psoriatic arthritis, and OA
- Women's health and rheumatic disease: pregnancy, menopause, and hormonal considerations
- Physical Activity Guidelines for patients with inflammatory and mechanical arthritis
- Autoantibodies and laboratory investigations in rheumatology: interpretation and clinical relevance
- Introduction to imaging modalities in rheumatic disease (X-ray, ultrasound, MRI)

## In-person Content

- History taking in inflammatory arthritis, including motivational interviewing and red flag identification
- Objective assessment: joint count methodology, GALS screening, and regional musculoskeletal examination
- Metrology in spondyloarthritis: hands-on workshop covering spinal mobility and enthesitis assessment
- Outcome measures in arthritis care (DAS28, RAPID3, BASFI, WOMAC, and more)
- Management strategies: exercise prescription, self-management, patient education, and splinting
- Traditional and adjunctive treatment modalities in inflammatory and mechanical arthritis
- OA care pathways, community programs, and evidence-based management guidelines (RA, OA, SpA)
- Case-based vignettes integrating history, objective findings, and outcome measures across diagnoses
- Leveraging your allied health role post-bootcamp: interdisciplinary collaboration and optimizing arthritis care

## Registration Fee

Early Bird (Before Sept 5, 2026): **\$995 + HST\*\***

After Sept 5, 2026: **\$1095 + HST**

**Registrations WILL NOT BE ACCEPTED AFTER October 10th, 2026**



Scan to Register

FOR ADDITIONAL INFORMATION, contact: **Sameer Chunara, PT, ACPAC** or **Angelo Papachristos, PT, ACPAC** at [support@rheumacademy.com](mailto:support@rheumacademy.com)

**CERTIFICATES OF ATTENDANCE PROVIDED UPON SUCCESSFUL COMPLETION**