

## **GoodHope Exercise and Rehabilitation (GEAR) Program**

### **What to expect?**

The GEAR program includes 5 sessions (1 virtual initial consultation and 4 follow-ups) over the course of 5 months with a focus on active rehabilitation, improving function, and education. Follow up appointments are offered virtually or on-site at Toronto General Hospital. You will be working with a Rehab clinician and during these sessions, who will address the main 3-4 body areas limiting your ability to participate in exercise or specific daily activities. You will benefit from a collaborative model of care, where our Kinesiologist and Physiotherapist will work closely together. In the interest of collaboration, you will start working with one of the clinicians and continue with either professional in subsequent follow-ups.

### **Through this program, you will learn to:**

- Manage symptoms such as orthostatic intolerance, pain and fatigue
- Joint protection principles
- Engage in a home-based independent exercise program towards your goal (discussed in the first appointment)
- Receive instructions on how to find therapists in the community such as a Physiotherapist (PT), Kinesiologist, an Occupational Therapist (OT), an Orthotist, and/or local physical activity programs. Your local community contacts will be your most important resource

Due to the large volume of patients and limited resources, the program is not able to provide ongoing care beyond these 5 sessions. Our program is designed to help you learn basic self-management principles and help you find community supports. As you wait for your next follow up appointment, your community therapist will help you manage flares and answer any questions you may have, as they are able to provide follow-ups that are more regular. Should your therapist(s) have any questions, we are happy to be a resource to them and offer a 15 min consultation to answer any questions.

### **What will be expected from you?**

- Punctuality and attendance. To ensure consistency and equity in care for all patients within the program, we ask that you attend all scheduled appointment. If you need to reschedule, all patients are required to give at least 48 hours notice We are unable to reschedule appointments more than twice
- Respectful language and behaviour
- Participation during the assessment and reassessment
- Diligence and participation on home exercise program prescribed
- Initiate search to find a local therapist and foster community connections

### **What to expect at your first consultation:**

- The Physiotherapist/Kinesiologist will review any changes to your health history as well as medications, investigations prior to the session and ask you pertinent questions during the session
- Goal setting
- Connecting with community resources

### **What to expect at your follow up sessions:**

- The Physiotherapist/Kinesiologist will review any updates to your health history
- Resting heart rate, oxygen saturation and blood pressure will be taken for safety purposes
- An exercise program consisting of aerobic, resistance, proprioceptive exercises will be developed based on the assessment and your goals to help improve your overall function. Typically, 3-6 exercises are provided per session depending on time constraints, goals and overall function on the day of the appointment.

- Range of motion, balance and strength testing will be assessed along with aerobic testing in the form of a 6-Minute walking test. Likewise, palpation on areas of discomfort may be conducted as appropriate
- Grip strength, waist circumference, height, weight, body mass composition
- A review of your flare up plan

### **Important considerations:**

Before starting the program, you may need to arrange your own transportation to/from appointments. You may need to consider having a care partner bring you and/or be present during the appointment considering the length of the appointment and your commute. We encourage you to think about your level of commitment to attending, participating in the sessions and performing all your prescribed exercises independently at home.

If you think you can benefit and can commit to this program, please let your referring clinician know and within a few months, our admin assistant will give you a call and book you for an initial assessment.

**Resources:**

As you wait for your appointment, we encourage you to keep moving. Below, you will find a list of community resources that accept self-referrals and do not require a referral from a medical professional:

Community, Exercise, and Rehabilitation Resources	Online Link
<p><b>OHIP Physiotherapy</b> If you are currently 65 years or older, or 19 years or younger, an ODSP/Ontario Works recipient, or have recently stayed overnight at a hospital requiring physiotherapy, you can qualify for OHIP Physiotherapy. Your family doctor can make a referral for you</p>	<p><a href="https://t.ly/VKWY">t.ly/VKWY</a></p>
<p><b>Home and Community Care Support Services</b> If you need PT or OT in your home (e.g., if you have been referred for PT by NP or doctor after experiencing a recent illness, injury, accident or surgery that led to a decline in function or movement, OR a flare-up or worsening of symptoms from a previous fall, accident, surgery or chronic condition that led to a decline in function or movement</p>	<p><a href="https://t.ly/ND_T">t.ly/ND_T</a></p>
<p><b>Exercise Videos</b> TIME™ Exercise and Wellness Videos for People with Mobility Challenges</p>	<p><a href="https://t.ly/vgwQ">t.ly/vgwQ</a></p>
<p><b>Virtual Recreation</b> Exercise programs offered by the City of Toronto</p>	<p><a href="https://t.ly/10cQ">t.ly/10cQ</a></p>
<p><b>Low-Cost Fitness Centres</b> Access to low cost fitness centres, walking tracks, and exercise equipment for unsupervised sessions</p>	<p><a href="https://t.ly/9hIu">t.ly/9hIu</a></p>
<p><b>Low-Cost Physical Activity Classes</b> (e.g., chair yoga, osteofit, gentle fit: older adult, tai chi)</p>	<p><a href="https://t.ly/sesL">t.ly/sesL</a></p>
<p><b>Warm Water Swimming Pools And Aqua-Therapy Classes</b> The group classes are supervised by a fitness instructor and do not require a medical note</p>	<p><a href="https://t.ly/KIKX">t.ly/KIKX</a></p>
<p><b>Exercising with EDS/HSD</b></p>	<p><a href="https://t.ly/N8Rq">t.ly/N8Rq</a></p>
<p><b>List of Health Care Professionals with an Interest/Experience Working with Patients with HSD/EDS</b></p>	<p><a href="https://t.ly/ftk-">t.ly/ftk-</a></p>
<p><b>Management of Small Joints and Hand Care</b> If you need some hand-specific care, in other words, advice on the right type of brace/splint, specific exercises and education on joint protection, we encourage you to connect with the Arthritis Society. You do not need a referral from a medical professional for this, just click on the link and complete the form</p>	<p><a href="https://t.ly/Xzu0">t.ly/Xzu0</a></p>