

Have a problem with

your shoulder?

**maptomotion.org**

An information platform centered  
around bone and joint health

**Help us learn what works for you**

Help fix a knowledge gap across the  
public health system, community health  
providers, and your health at home

**Learn what works for others**

Receive feedback to monitor your  
progress and recovery



**It's free!**

Led by the Alberta Bone  
and Joint Health Institute

Visit the website or contact us at  
[info@albertaboneandjoint.com](mailto:info@albertaboneandjoint.com)

## How You Can Help

- **Fill Out Periodic Online Surveys**  
Indicate things like your level of function, your  
quality of life, and treatments you're trying.

## Other Options

- **Include Your Public Health Info**  
(Alberta Residents Only)  
Consent to link to data like hospital stays,  
surgeries, prescription medications.  
*All you do is give permission. We do the rest!*
- **Contribute Your Data To Research**  
With identifiers removed, your responses are  
shared with academic researchers.
- **Be Contacted About Research**  
On behalf of academic researchers, you may be  
invited to participate in research for which  
additional information is needed.

Withdraw consent at any time



**MAP to MOTION**   
Your Bone & Joint Information Hub