



Osteoarthritis (OA)



Why did I develop osteoarthritis?

- Genetic factors
- Aging
- Overweight or obese
- Previous joint injury
- Weak muscles
- Overuse

Will my pain go away?

- Duration of pain may vary depending on type of joints affected
- Treatment can help reduce pain and improve function

What can I do?

- Participate in your care with your healthcare provider
- Continue day-to-day activities even if you experience some pain (within reason)

Potential treatment options to discuss with your healthcare provider

- Stretching, strengthening and aerobic exercise
- Heat/cold
- Joint manipulation
- Healthy weight maintenance
- Transcutaneous electrical nerve stimulation (TENS)
- Appropriate footwear
- Assistive devices (walking sticks, tap turners)
- Pharmacological treatment

Contact your healthcare provider if you experience any of the following

- Prolonged morning stiffness longer than 30 minutes
- Worsening pain that does not change with activity, posture, or time of day
- Pain worse at rest or at night
- Hot and swollen joint(s)
- Feeling anxious or depressed

National Institute for Health and Care Excellence (NICE). Osteoarthritis: care and management clinical guideline (CG177). 2014. Retrieved from: <https://www.nice.org.uk/guidance/cg177>

<https://www.ccgj-research.com/>