

# Osteoarthritis Screening Questions

Yes

No

Have you ever been told by a doctor that you have inflammatory arthritis?

Did your joint pain start suddenly or abruptly?

Does your pain or stiffness last longer than 30 minutes after rising from a sitting position?

Do you have any of the following:

*Recent history of trauma (fall, car wreck, sports injury)*

*History of osteoporosis (fragile bones)*

*Fever*

*Rash*

*Muscle weakness*

*Burning, stinging, tingling, numbness around the painful joint(s)*

*Red, swollen joint(s)*

Do you have more than 2 or 3 painful joints?

Do you have any of the following health conditions:

*History of inflammatory arthritis (such as rheumatoid or gout)*

*Fibromyalgia*

Have you been experiencing excessive fatigue with your joint pain?

**If you answered “yes” to any of these questions, your symptoms could be something other than osteoarthritis. It is recommended that you talk to a physician about these symptoms.**

Learn more about the symptoms of osteoarthritis at [StandUp2OA.org](http://StandUp2OA.org)



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Tips to set goals and overcome barriers to become and stay physically active.	<b>Active Living Every Day</b>	<a href="#">Visit the site</a>
Find water aerobics classes in your area for a low-impact workout with less pain.	<b>Arthritis Foundation Aquatics Program</b>	<a href="#">Visit the site</a>
Tips to start or maintain an exercise program for those with osteoarthritis.	<b>Arthritis Foundation Exercise Program</b>	<a href="#">Visit the site</a>
Get motivation and tips to help you lose weight for less joint pain.	<b>Weight Management</b>	<a href="#">Download the PDF</a>
Take steps now to prevent pain in the future.	<b>Osteoarthritis Prevention</b>	<a href="#">Visit the site</a>
Get moving to prevent pain.	<b>Tips to Increase Physical Activity</b>	<a href="#">Download the PDF</a>
Walking program that steps you to less joint pain.	<b>Walk with Ease</b>	<a href="#">Visit the site</a>



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