

# SIMPLE Targets of OA Therapy

Helping your patient with their osteoarthritis symptoms is **SIMPLE**. Remember these steps to prevent and treat osteoarthritis.

- › Symptom management (e.g. reduce pain and stiffness)
- › Increase **Mobility**
- › **P**revent disability
- › Maintain or improve quality of **LifE**

Learn more about the symptoms of osteoarthritis at [StandUp20A.org](https://StandUp20A.org)

