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**
› **Prevent disability**
› **Maintain or improve quality of Life**

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