



# Community & Patient Resources

Osteoarthritis Prevention and  
Management in Primary Care

# Community & Patient Resources

Below is a catalog — by topic — of the many community and online resources for patients that are described throughout the Osteoarthritis Prevention & Management in Primary Care Toolkit.

## PHYSICAL ACTIVITY

### Exercise is Medicine® RX for Health Series

[https://www.exerciseismedicine.org/support\\_page.php/rx-for-health-series/](https://www.exerciseismedicine.org/support_page.php/rx-for-health-series/)

Includes downloadable handouts for patients to guide and inspire them to become more physically active. Example handouts include “Sit Less. Move More” and “Exercise Rx for Osteoarthritis.”

### Arthritis Foundation’s “How to Start an Exercise Program”

[www.arthritis.org/living-with-arthritis/exercise/how-to/starting-exercise-program.php](http://www.arthritis.org/living-with-arthritis/exercise/how-to/starting-exercise-program.php)

This online article written for patients with arthritis describes how to safely start an exercise program, select the right type of activity, and create a sustainable exercise plan.

### Harvard Health Publishing’s “5 Exercises to Improve Hand Mobility”

[www.health.harvard.edu/pain/5-exercises-to-improve-hand-mobility-and-reduce-pain](http://www.health.harvard.edu/pain/5-exercises-to-improve-hand-mobility-and-reduce-pain)

Written for patients, this article describes and includes pictorial representations of 5 hand and wrist exercises that can be used to improve hand mobility.

### Creaky Joints’ “8 Daily Arthritis Hand Exercises That Can Soothe Your Pain”

[www.creakyjoints.org/living-with-arthritis/hand-exercises-for-arthritis](http://www.creakyjoints.org/living-with-arthritis/hand-exercises-for-arthritis)

Designed by an OT, this hand workout includes simple and quick stretches to improve stiffness and pain caused by arthritis.

### Arthritis Foundation Resource Finder

<http://resourcefinder.arthritis.org/>

Individuals can enter their zip code in the Resource Finder to locate group fitness programs and/or fitness professionals in their area offering a variety of arthritis-appropriate exercise opportunities. Search results may include Zumba, Walk With a Doc, Walk With Ease, Arthritis Foundation Exercise Program, Enhance Fitness, Tai Chi for Arthritis.

### CDC-Recommended, Evidence-Based Physical Activity Programs

[www.cdc.gov/arthritis/interventions/physical-activity.html](http://www.cdc.gov/arthritis/interventions/physical-activity.html)

The physical activity programs listed below are proven to improve the quality of life of people with arthritis.

#### ACTIVE LIVING EVERY DAY

<https://us.humankinetics.com/blogs/active-living/>

This classroom-based program focuses on behavior change around physical activity with emphasis on addressing barriers, increasing self-confidence, setting realistic goals, and planning for relapse.

#### FIT & STRONG!

[www.fitandstrong.org](http://www.fitandstrong.org)

Designed for older adults with OA, this group-based exercise program includes health education and training on safe stretching, balance, aerobic, and strengthening techniques.

#### WALK WITH EASE

<https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/>

The Arthritis Foundation’s 6-week program teaches participants how to safely make physical activity, in particular walking, part of their everyday life. It is offered as a self-guided course or in a community setting.

#### ENHANCE FITNESS

[www.projectenhance.org/enhancefitness](http://www.projectenhance.org/enhancefitness)

This group-based exercise and falls prevention program helps older adults at any level of fitness become more active and independent. Classes includes aerobic, strength, stretching, and balance components.

## OAAA's Resources for People with Arthritis Handout

[www.oaaction.unc.edu/rxlinks](http://www.oaaction.unc.edu/rxlinks)

[https://oaaction.unc.edu/files/2019/06/OAAA\\_04\\_Website\\_Links-PRINT.pdf](https://oaaction.unc.edu/files/2019/06/OAAA_04_Website_Links-PRINT.pdf)

This resource guide is available in a downloadable, printer-friendly version or online and includes a listing of community programs that may help patients with their arthritis pain.

## OAAA's Prevention and Self-Management Strategies Handout

<https://oaaction.unc.edu/files/2019/07/Patient-Handout- SM-and-Prevention.pdf>

This patient handout includes strategies to avoid or manage OA, including a few quick and simple tips to help patients increase their daily physical activity.

## WEIGHT LOSS/WEIGHT MANAGEMENT

### Centers for Disease Control and Prevention—Overweight and Obesity

[www.cdc.gov/obesity/resources/factsheets.html](http://www.cdc.gov/obesity/resources/factsheets.html)

The CDC developed several printable patient handouts that each focus on specific weight management tips and strategies.

#### “HOW TO USE FRUITS AND VEGETABLES TO HELP MANAGE YOUR WEIGHT”

[www.cdc.gov/nccdphp/dnpa/nutrition/pdf/CDC\\_5-A-Day.pdf](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/CDC_5-A-Day.pdf)

#### “HOW TO AVOID PORTION SIZE PITFALLS TO HELP MANAGE YOUR WEIGHT”

[www.cdc.gov/nccdphp/dnpa/nutrition/pdf/portion\\_size\\_pitfalls.pdf](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/portion_size_pitfalls.pdf)

#### “RETHINK YOUR DRINK”

[www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink\\_your\\_drink.pdf](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink_your_drink.pdf)

#### “EAT MORE, WEIGH LESS?”

[www.cdc.gov/nccdphp/dnpa/nutrition/pdf/Energy\\_Density.pdf](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/Energy_Density.pdf)

## Obesity Action Coalition Resources

### OBESITY AND OSTEOARTHRITIS FACT SHEET

<https://4617c1smqldcqsat27z78x17-wpengine.netdna-ssl.com/wp-content/uploads/Obesity-and-Osteoarthritis-Fact-Sheet.pdf>

### EXCESS WEIGHT AND YOUR HEALTH: A GUIDE TO EFFECTIVE HEALTHY WEIGHT LOSS

<https://www.obesityaction.org/get-educated/public-resources/brochures-guides/excess-weight-and-your-health-a-guide-to-effective-healthy-weight-loss/>

The OAC is a patient advocacy organization that offers a wide variety of brochures, guides and fact sheets on obesity and related topics including osteoarthritis.

## OAAA's Prevention and Self-Management Strategies Handout

<https://oaaction.unc.edu/files/2019/07/Patient-Handout- SM-and-Prevention.pdf>

This patient handout includes strategies to avoid or manage OA, including a few quick and simple weight management tips.

## OAAA's Resources for People with Arthritis Handout

[www.oaaction.unc.edu/rxlinks/](http://www.oaaction.unc.edu/rxlinks/)

[https://oaaction.unc.edu/files/2019/06/OAAA\\_04\\_Website\\_Links-PRINT.pdf](https://oaaction.unc.edu/files/2019/06/OAAA_04_Website_Links-PRINT.pdf)

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## SELF-MANAGEMENT EDUCATION

### Chronic Disease Self-Management Program (CDSMP)

<https://www.selfmanagementresource.com/programs/small-group/chronic-disease-self-management>

A 6-week classroom program, CDSMP provides useful tools to help manage symptoms related to many different chronic conditions. It includes concepts such as behavior change, goal setting, problem solving, and peer support.

### Tomando Control de su Salud

<https://www.selfmanagementresource.com/programs/small-group-spanish/tomando-control-de-su-salud>

Tomando Control de Salud is a self-management education program developed for Spanish-speaking people with a variety of chronic health problems.

### Evidence-Based Leadership Council (EBLC) Program Finder

[www.eblcprograms.org/evidence-based/map-of-programs](http://www.eblcprograms.org/evidence-based/map-of-programs)

All organizations that are licensed to host CDSMP and other Self-Management Resource Center programs are listed in a searchable directory on the EBLC website. Individuals can enter their zip code to find a program in their community.

### American Chronic Pain Association (ACPA)

[www.theacpa.org/pain-management-tools/communication-tools](http://www.theacpa.org/pain-management-tools/communication-tools)

The ACPA offers many print-friendly resources and tools for patients to help them track their health and behaviors and talk productively with their healthcare providers.

### OAAA's Osteoarthritis Handout

<https://oaaction.unc.edu/files/2019/07/Osteoarthritis-patient-handout1.pdf>

This handout describes OA, including the symptoms, causal factors, and treatment options in patient-friendly terms.

### OAAA's Prevention and Self-Management Strategies Handout

<https://oaaction.unc.edu/files/2019/07/Patient-Handout-SM-and-Prevention.pdf>

This patient handout includes strategies to avoid or manage OA, including details about CDSMP (listed above).

## INJURY PREVENTION

### OAAA's Remain in the Game: A Joint Effort Injury Prevention Toolkit

<https://oaaction.unc.edu/remain-in-the-game-a-joint-effort>

### Prevent ACL Injury brochure

[oaaction.web.unc.edu/files/2014/10/PREVENT\\_ACL\\_INJURY\\_LAY\\_BROCHURE\\_vf\\_ka.pdf](http://oaaction.web.unc.edu/files/2014/10/PREVENT_ACL_INJURY_LAY_BROCHURE_vf_ka.pdf)

### Prevent ACL Injury handout

[oaaction.web.unc.edu/files/2014/10/PREVENT\\_ACL\\_INJURY\\_LAY\\_1PGER\\_ka1.pdf](http://oaaction.web.unc.edu/files/2014/10/PREVENT_ACL_INJURY_LAY_1PGER_ka1.pdf)

This injury prevention toolkit includes step-by-step videos and resources tailored to keep players healthy by avoiding sports injury and letting them have more time on the field. The videos were developed by physical therapists and athletic trainers, tested by coaches and demonstrated by players. There are also printable flyers (available as a brochure and two-page handout) to educate young athletes about the importance of preventing ACL injuries.

## Fall Prevention

### NATIONAL COUNCIL ON AGING'S FALL PREVENTION RESOURCE CENTER

<https://ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/general-resources/infographics-handouts>

These resources and handouts can be used to increase public awareness and educate older adults, caregivers, and professionals about the risks of falls and how to prevent falls.

### CDC'S STEADI INITIATIVE (STOPPING ELDERLY ACCIDENTS, DEATHS, AND INJURIES)

<https://www.cdc.gov/steady/patient.html>

These downloadable brochures, fact sheets, graphics and checklists provide older adults and their caregivers with information about falls and fall prevention. Spanish versions are also available.

## OAAA's Osteoarthritis: Staying in the Game is a 'Joint' Effort!

**https://oaaction.unc.edu/2017/06/osteoarthritis-staying-in-the-game-is-a-joint-effort**

This infographic provides evidence-based recommendations on key components that should be included as part of a neuromuscular training program for prevention of major joint injury to the knee in youth athletes.

## OAAA's Prevention and Self-Management Strategies Handout

**https://oaaction.unc.edu/files/2019/07/Patient-Handout-SM-and-Prevention.pdf**

This handout includes strategies to avoid or manage OA, including a few tips to help patients increase their daily physical activity.

## TOPICAL ANALGESICS

### Arthritis Foundation's "Topical NSAIDs Offer Rub-on Relief"

**https://arthritis.org/living-with-arthritis/treatments/medication/drug-types/nsaids/voltaren-gel-relief.php**

This article for patients explains what topical NSAIDs are, describes how to use them properly, and provides their pros and cons.

## OAAA INFOGRAPHICS

### Osteoarthritis: Staying in the Game is a 'Joint' Effort!

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This infographic provides evidence-based recommendations on key components that should be included as part of a neuromuscular training program for prevention of major joint injury to the knee in youth athletes.

### Osteoarthritis and Comorbidities

**PDF: https://oaaction.unc.edu/files/2019/08/OA-and-Comorbidities-infographic.pdf**

**PNG: https://oaaction.unc.edu/files/2019/08/OA-and-Comorbidities-infographic.png**

This infographic describes OA's co-existence with many other chronic conditions and symptoms such as heart disease, obesity, depression, and physical inactivity.

## Osteoarthritis: A Serious Disease

**PDF: https://oaaction.unc.edu/files/2019/07/OA-Burden-Infographic1.pdf**

**PNG: https://oaaction.unc.edu/files/2019/07/OA-Burden-Infographic1.png**

This infographic makes the case for OA as a serious disease, including statistics detailing the personal, economic, and societal impact of OA.

## Arthritis & Physical Activities: Strategies to Increase Access to Movement

**https://oaaction.unc.edu/2018/03/arthritis-and-physical-activity-infographic/**

In collaboration with the American Council on Exercise, the OAAA developed this infographic to spread the word about the importance of physical activity for those with arthritis, as well as strategies for implementing increased physical activity.

## OAAA PATIENT HANDOUTS

### Osteoarthritis

**oaaction.unc.edu/files/2019/07/Osteoarthritis-patient-handout1.pdf**

This handout describes OA, including the symptoms, causal factors, and treatment options in patient-friendly terms.

### Resources for People with Arthritis

**oaaction.unc.edu/rxlinks/**

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This resource guide is available in a downloadable, printer-friendly version or online and includes a listing of community programs that may help patients with their arthritis pain.

### Prevention and Self-Management Strategies

**oaaction.unc.edu/files/2019/07/Patient-Handout-SM-and-Prevention.pdf**

This patient handout includes strategies to avoid or manage OA, including a few quick and simple tips in each of the following categories: weight management, self-management education, physical activity, and injury prevention.

## ACKNOWLEDGEMENTS AND DISCLOSURES

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