



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 OACareTools and the Learning Modules. Additional videos and handouts for adults with OA can be found on the OAAA website.

PHYSICAL ACTIVITY

Exercise is Medicine® 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

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”

<https://www.health.harvard.edu/pain/5-exercises-to-improve-hand-mobility>

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

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

Arthritis Foundation’s Your Exercise Solution (YES)SM

<https://www.arthritis.org/health-wellness/healthy-living/physical-activity/getting-started/your-exercise-solution>

Individuals can use the library of YES exercise videos on the Arthritis Foundation’s YouTube channel to create customized, safe and effective workouts with joint-specific modifications developed and approved by physical therapists.

Getting Started with Physical Activity for Arthritis

https://oaaction.unc.edu/wp-content/uploads/sites/623/2022/01/OAAA_13_Phys-Activity-Worksheet_d05.pdf

This worksheet from the OAAA explains how adults with OA can get started with a joint-friendly physical activity plan.

Recognized Arthritis-Appropriate, Evidence-Based Physical Activity Programs

<https://oaaction.unc.edu/aebi/>

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

ARTHRITIS FOUNDATION AQUATIC PROGRAM

<https://aeawave.org/Arthritis/Arthritis-Foundation-Programs>

The Arthritis Foundation Aquatic Program (AFAP) is a water exercise program created by the Arthritis Foundation and the Y-USA for people with arthritis and related conditions.

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

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 (WWE)

<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^(R) FITNESS

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 include aerobic, strength, stretching, and balance components.

AEA ARTHRITIS FOUNDATION EXERCISE PROGRAM (AFEP)

<https://aeawave.org/Arthritis/Arthritis-Foundation-Programs>

The AEA Arthritis Foundation Exercise Program (AFEP) is a low-impact recreational exercise program that incorporates a brief educational component.

CAMINE CON GUSTO (SPANISH-LANGUAGE WWE)

https://www.afstore.org/shopping_product_detail.asp?pid=53408

Camine Con Gusto (CCG) Self-Directed arthritis physical activity program was developed for adults who have been either self or medically diagnosed with arthritis or have other chronic conditions and wish to be more physically active. It is delivered through a self-directed guidebook.

FIT & STRONG! PLUS

www.projectenhance.org/enhancefitness

Fit & Strong! Plus is the physical activity plus weight loss version of the Fit & Strong! program, a recognized physical activity AAEBI.

TAI CHI FOR ARTHRITIS

<https://taichiforhealthinstitute.org/>

Tai Chi for Arthritis (TCA) was developed to improve health with an emphasis on evidence-based efficacy and safety. Tai Chi's Sun style was used for its ability to improve health, relieve arthritis pain, function, and its ease of use for older adults.

TAI JI QUAN: MOVING FOR BETTER BALANCE

<https://tjqmbb.org/>

Tai Ji Quan: Moving for Better Balance® (TJQMBB) is an evidence-based balance training regimen designed for older

adults at risk of falling and people with balance disorders.

Evidence-based Programs for People with OA

<https://youtu.be/cGsFcX7Dayg>

This video describes physical activity and self-management education programs that are available in the community.

OAAA's Self-Management Strategies Handout

https://oaaction.unc.edu/wp-content/uploads/sites/623/2022/01/OAAA_05_Resources-for-individuals-with-OA_d04.pdf

This patient handout describes resources and programs available for adults with OA to support physical activity, weight loss, managing pain, self-care, social support, and medical care.

OAAA's Exercise Plan Based on Activity Level Guide

<https://oaaction.unc.edu/wp-content/uploads/sites/623/2021/04/Exercise-plan-based-on-activity-level.pdf>

This guide uses the U.S. Physical Activity Guidelines to help patients create their own exercise plan based on their current physical activity level and directs them to arthritis-appropriate resources to help them get started.

Living with Osteoarthritis

<https://youtu.be/2w4isl8cWFc>

This video features Rhoeda, a patient with OA, and Dr. Nelson, a rheumatologist, talking about weight loss and physical activity as strategies for managing OA and improving function at home and work.

WEIGHT LOSS/WEIGHT MANAGEMENT

Centers for Disease Control and Prevention—Overweight and Obesity

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

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

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

“EAT MORE, WEIGH LESS?”

www.cdc.gov/nccdphp/dnpa/nutrition/pdf/Energy_Density.pdf

Obesity Action Coalition Resources

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.

OBESITY AND OSTEOARTHRITIS FACT SHEET

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

LIVING WELL GUIDE

<https://www.obesityaction.org/livingwellguide/>

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OAAA’s The Weight & OA Connection Handout

https://oaaction.unc.edu/wp-content/uploads/sites/623/2021/03/OAAA_Weight-Loss-and-OA-Connection_WEB.pdf

This handout provides some tips and motivation to help people get started with a weight management plan.

Can Osteoarthritis Be Prevented?

<https://youtu.be/blwQmoaFFWQ>

This video describes the importance of injury prevention and weight management as strategies for preventing OA and suggests actions to help reduce the risk of developing OA.

SELF-MANAGEMENT EDUCATION

Arthritis-Appropriate, Evidence-Based Self-Management Education Programs

The self-management education programs listed below are proven to improve the quality of life of people with arthritis.

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM (CDSMP)

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

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

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

BETTER CHOICES, BETTER HEALTH®

<https://canarypeers.com/bcbh-better-choices-better-health/>

Better Choices, Better Health® (BCBH) is an internet-based group workshop that uses content from the Chronic Disease Self-Management Program.

ENHANCE® WELLNESS

<https://projectenhance.org/enhancewellness/>

Enhance®Wellness (EW) is an evidence-based program that connects participants with a trained personal health and wellness coach to improve physical, emotional, and social well-being.

PROGRAM TO ENCOURAGE ACTIVE, REWARDING LIVES (PEARLS)

<https://depts.washington.edu/hprc/programs-tools/pearls/>

The Program to Encourage Active, Rewarding Lives (PEARLS), an intervention for adults and older adults with depression, aims to reduce symptoms of depression and suicidal ideation and improve quality of life.

WORKPLACE CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

<https://canarypeers.com/bcbh-better-choices-better-health/>

The Workplace Chronic Disease Self-Management Program (wCDSMP) is an adapted version of the Chronic Disease Self-Management Program (CDSMP, originally developed at Stanford) for use in the workplace.

Evidence-Based Leadership Council (EBLC) Program Finder

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)

<https://www.theacpa.org/conditions/osteoarthritis/>

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/wp-content/uploads/sites/623/2021/03/OAAA_Signs-and-Symptoms-of-Osteoarthritis_WEB.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

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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>

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 payers. There are also printable flyers (available as a brochure and two-page handout) to educate young athletes about the importance of preventing ACL injuries. patient handout describes resources and programs available for adults with OA to support physical activity, weight loss, managing pain, self-care, social support, and medical care.

Prevent ACL Injury brochure

https://oaaction.unc.edu/wp-content/uploads/sites/623/2020/01/PREVENT_ACL_INJURY_BROCHURE_AN.pdf

Prevent ACL Injury handout

https://oaaction.unc.edu/wp-content/uploads/sites/623/2020/01/PREVENT_ACL_INJURY_LAY_1PGER_AN.pdf

Can Osteoarthritis Be Prevented?

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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.

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!

<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.

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

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Evidence-based Programs for People with OA

<https://youtu.be/cGsFcX7Dayg>

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Live a Full Life with Osteoarthritis

https://oaaction.unc.edu/wp-content/uploads/sites/623/2021/03/OAAA_Osteoarthritis-Pain-Management-and-Treatments_WEB.pdf

This patient handout describes the recommended treatment strategies for OA and offers tips from other patients about how they stay motivated to keep moving.

Take One Step Forward: Stay Active with OA

https://oaaction.unc.edu/wp-content/uploads/sites/623/2021/03/OAAA_Stay-Active-with-Osteoarthritis_WEB.pdf

This patient handout describes arthritis-friendly exercises and provides a few tips for moving more each day.

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The Weight & Osteoarthritis Connection

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This patient handout describes the connection between weight and OA and includes a few tips for getting started with weight loss.

Find Your Path Through Joint Pain

https://oaaction.unc.edu/wp-content/uploads/sites/623/2022/01/OAAA_11_Pain-mgt-at-work_home-INFO-GRAPHIC_d05.pdf

This patient handout describes strategies that can help adults manage their joint pain regardless of how they spend their day (seated, standing/walking, doing heavy labor).

RESOURCES FOR WORKING ADULTS

OA Signs & Symptoms in the Workplace (postcard)

https://oaaction.unc.edu/wp-content/uploads/sites/623/2022/01/OAAA_08_Palm-Card_for_Employees_d05.pdf

This postcard describes OA signs and symptoms and includes tips for managing OA at work.

OA Signs & Symptoms in the Workplace (video)

<https://youtu.be/zSmWGkmpkV4>

This video describes how joint pain and other OA symptoms can impact work tasks and daily activities and includes tips for managing OA in the workplace.

Osteoarthritis in the Workplace

https://oaaction.unc.edu/wp-content/uploads/sites/623/2022/01/OAAA_4-Occupational-Health-POSTER_d05.pdf

This poster informs employees about what OA is and how it can be managed in the workplace.

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