









## Dealing with Osteoarthritis or Joint Pain?

There are things you can do that may help you feel better.

 <p><b>Physical Activity</b></p>	<p>Being physically active is important for managing osteoarthritis (OA). Physical activity may help improve pain, mood, and your ability to do everyday activities. It can also help you manage your weight.<sup>1</sup></p>	<ul style="list-style-type: none"> <li>• <b>Participate in arthritis-friendly programs<sup>2</sup></b> <ul style="list-style-type: none"> <li>› <a href="#">Active Living Every Day</a></li> <li>› <a href="#">Arthritis Foundation Exercise Program</a></li> <li>› <a href="#">EnhanceFitness®</a></li> <li>› <a href="#">Fit &amp; Strong</a></li> <li>› Walk With Ease – <a href="#">Group</a> &amp; <a href="#">Self-directed</a></li> </ul> </li> <li>• <b>Move your body.</b> Some examples of joint-friendly activities include walking, biking, and swimming.<sup>1</sup></li> <li>• Look for <b>employer-sponsored benefits</b> such as walking paths, yoga classes, stretch breaks, and/or fitness center discounts.</li> </ul>
 <p><b>Weight Loss</b></p>	<p>Extra weight increases joint pain and damages cartilage of the joints, especially in the hips and knees. Even small amounts of weight loss may help relieve pain. <b>Every 1 pound of weight loss gives you 4 pounds of relief on your knees.</b><sup>3</sup></p>	<ul style="list-style-type: none"> <li>• Make small changes, one at a time.<sup>4</sup></li> <li>• Limit sugary drinks such as soda and juices and replace them with water.<sup>5</sup></li> <li>• Add a vegetable and/or fruit to your meals.<sup>4</sup></li> <li>• Pack your own lunch each day.<sup>4</sup></li> <li>• Get more and better sleep.<sup>5</sup></li> <li>• Sit less! Move more!<sup>6,7</sup></li> </ul>
 <p><b>Pain Management</b></p>	<p>Pain is common for those living with arthritis.<sup>8</sup> Pain management can include non-medication strategies and medications.<sup>7</sup></p>	<p>Try some of these recommended non-medication strategies for managing pain:<sup>7</sup></p> <ul style="list-style-type: none"> <li>• Aerobic, strengthening, balance, and flexibility exercises</li> <li>• Weight loss</li> <li>• Tai chi</li> <li>• Heat &amp; cold therapies (such as paraffin treatments or ice packs)</li> <li>• Acupuncture</li> <li>• Braces (such as knee or hand braces)</li> </ul>

 <p><b>Self Care</b></p>	<p><b>Managing OA may mean balancing a variety of symptoms, conditions, healthcare providers, and treatments. Feel better by learning skills that will help you cope.<sup>9</sup></b></p>	<p><b>Participate in:</b></p> <ul style="list-style-type: none"> <li>✓ Group workshops <ul style="list-style-type: none"> <li>› <a href="#">Chronic Disease Self-Management Program</a><sup>10</sup></li> <li>› <a href="#">Tomando Control de su Salud</a><sup>10</sup></li> </ul> </li> <li>✓ Self-guided program <ul style="list-style-type: none"> <li>› <a href="#">Toolkit for Active Living with Chronic Conditions</a><sup>10</sup></li> </ul> </li> <li>✓ Online program <ul style="list-style-type: none"> <li>› <a href="#">Better Choices, Better Health</a><sup>10</sup></li> </ul> </li> <li>✓ Employer Sponsored Employee Assistance Programs</li> </ul>
 <p><b>Social Support</b></p>	<p><b>Connecting to people who share similar life experiences can help you feel like you are not alone.<sup>11</sup></b></p>	<p><b>Connect with others through:</b></p> <ul style="list-style-type: none"> <li>✓ HealthUnlocked <ul style="list-style-type: none"> <li>› <b>OA Action Alliance group</b> Join the “Osteoarthritis Action” community to connect with other individuals with osteoarthritis from across the globe.</li> </ul> </li> <li>✓ Facebook <ul style="list-style-type: none"> <li>› <b>StandUP2OA</b> This support group was created as a safe place on Facebook where approved members can share their goals, questions, and everyday struggles with osteoarthritis.</li> <li>› <b>OA Action Alliance</b></li> <li>› <b>Arthritis Together</b></li> </ul> </li> <li>✓ <b>Arthritis Foundation’s Live Yes Network</b></li> <li>✓ Employer Sponsored Employee Assistance or Wellness Programs</li> </ul>
 <p><b>Health Care</b></p>	<p><b>There are many types of healthcare providers who help people with OA.<sup>12</sup></b></p>	<p>Seek care from:</p> <ul style="list-style-type: none"> <li>• <b>Primary care providers</b> - for diagnosis, pain management, and referrals to other specialists.<sup>12</sup></li> <li>• <b>Occupational and physical therapists</b> for improvement in strength, balance and gait plus advice on braces, canes and other devices.<sup>12</sup></li> <li>• <b>Orthopedic surgeons</b> - for certain types of joint injections and joint replacement or other surgeries.<sup>12</sup></li> <li>• <b>Other specialists</b> - mental health providers, registered dietitian nutritionists, pharmacists, pain specialists, and rheumatologists among others.<sup>12</sup></li> </ul>

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Visit [www.oacaretools.org](http://www.oacaretools.org) for more resources to help you manage your joint pain.

OAAA collaborated with Pfizer in the development of this resource.

**References**

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