





OAAA collaborated with Pfizer in the development of this resource.

 <h3>Impact on Work Life</h3>	
Absence from work due to pain or stiffness in a joint(s) ¹	Joint pain, particularly in the neck, shoulders, elbows, hands, back, hips, knees, or feet. ^{1,2}
Reduced on-the-job performance and inability to focus ⁵	Stiffness—it might be most noticeable if you haven't moved for a while. ¹
Inability to perform work tasks; experiencing depression and anxiety ⁶	Tenderness—you might feel discomfort when applying light pressure on the area around the affected joint(s). ³
Flexibility—you might not be able to move your joint through its full range of motion. ¹	Mild swelling—this could be caused by soft tissue inflammation around the joint. ¹
 <h3>Signs and Symptoms (OA)</h3>	 <h3>Signs and Symptoms (OA)</h3>

 <h3>OA Management</h3>	<p>Ask your doctor for an assessment and help in addressing your joint pain and symptoms.¹</p> <p>Move—any physical activity is better than none. Aim for 150 minutes of moderate-intensity physical activity per week (about 20 minutes a day). Try breaking this time into shorter blocks of activity if necessary.⁶ Talk to a healthcare professional before starting a new exercise routine.</p> <p>Use safe lifting techniques and avoid injuries.^{7,8} Ensure squatting movements are done correctly or avoid them, if possible.⁹</p> <p>Stretch frequently⁷ and take breaks from repetitive motions.⁸</p> <p>When seated at a desk, keep your feet flat on the floor and your knees at a 90-degree angle. Consider a footstool or lower back pillow for more support.^{7,8}</p> <p>Lose weight if needed or maintain a healthy weight.⁹</p> <p>Review the benefits offered by your employer. These may include exercise and physical therapy options at work/home; flexible hours; ergonomic assessments and special equipment.</p> <p>Request an assessment of your work environment to be sure that it is not causing or increasing discomfort or injury.¹¹</p> <p>Take part in a self-management workshop to learn more techniques to help you manage your symptoms. You can often find these programs at community or senior centers, or sponsored by your employer.</p> <p>This information is provided for educational purposes only and is not intended to replace discussions with a healthcare provider.</p>
---	--

References

- Centers for Disease Control and Prevention. [Osteoarthritis](#). 2020.
- WebMD. [Elbow arthritis](#). 2020.
- Veritas Health. [Osteoarthritis symptoms and signs](#). 2021.
- Arthritis Foundation. [Arthritis and mental health](#). 2021.
- Dibonaventura M, et al. BMC Musculoskelet Disord. 2011;12:83.
- U.S Department of Health and Human Services. [Physical Activity Guidelines for Americans](#). 2018
- Arthritis Foundation. [Tips for taking care of your joints at work](#).
- WebMD. [OA: Protect your joints at work](#). 2020.
- Arthritis Foundation. [How to squat correctly](#).
- Osteoarthritis Action Alliance, et al. [A National Public Health Agenda for Osteoarthritis: 2020 Update](#). 2020.
- Baldwin D, et al. Arthritis Care Res (Hoboken). 2012;64(10):1527-1535.