

OAAA collaborated with Pfizer in the development of this resource.

 <h3>Impact on Work Life</h3>	
Joint pain, particularly in the neck, shoulders, elbows, hands, back, hips, knees, or feet. <sup>1,2</sup>	Stiffness—it might be most noticeable if you haven't moved for a while. <sup>1</sup>
Tenderness—you might feel discomfort when applying light pressure on the area around the affected joint(s). <sup>3</sup>	Mild swelling—this could be caused by soft tissue inflammation around the joint. <sup>1</sup>
Flexibility—you might not be able to move your joint through its full range of motion. <sup>1</sup>	Inability to perform work tasks; experiencing depression and anxiety <sup>4</sup>
Reduced on-the-job performance and inability to focus <sup>5</sup>	Absence from work due to pain or stiffness in a joint(s) <sup>1</sup>

 <h3>OA Management</h3>	
Ask your doctor for an assessment and help in addressing your joint pain and symptoms. <sup>1</sup>	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. <sup>6</sup> Talk to a healthcare professional before starting a new exercise routine.
Use <b>safe lifting techniques</b> and avoid injuries. <sup>7,8</sup> Ensure squatting movements are <b>done correctly</b> or avoid them, if possible. <sup>9</sup>	Stretch frequently <sup>7</sup> and take breaks from repetitive motions. <sup>8</sup>
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. <sup>7,8</sup>	Lose weight if needed or maintain a healthy weight. <sup>9</sup>
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.	Request an <b>assessment</b> of your work environment to be sure that it is not causing or increasing discomfort or injury. <sup>11</sup>
Take part in a <b>self-management workshop</b> 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.	This information is provided for educational purposes only and is not intended to replace discussions with a healthcare provider.

## References

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