Find Your Path Through Joint Pain

Arthritis can lead to severe joint pain and poor physical function, and it can negatively affect quality of life.¹

Here are some steps you can take that may improve your pain and quality of life.¹²

Many people with joint pain may benefit from:²

- Weight loss: Even small amounts of weight loss can reduce knee pain.²
- Medication: Check with your doctor to see what topical and oral medications may be right for you.²
- Tai chi, acupuncture, and thermal treatments: Thermal treatments include heat or cold applied to your painful joint.² Talk to your doctor about the use of thermal treatments.
- Physical activity: Aim for a combination of aerobic, strengthening and flexibility exercises.²
- Education and social support: Look for group workshops, online or in-person support groups, or one-on-one counseling.²
- Better sleep: Poor sleep can make pain worse. If you are overweight, talk to your doctor about sleep apnea, which may be interfering with good sleep.²

Some other strategies you can try if you spend most of your day...

- Standing and walking:
  - Alternate tasks so that you reduce time in repetitive motions.⁶,⁷
  - Pace yourself by taking short breaks⁶,⁷ to rest, stretch, or do some yoga moves
  - Ensure proper footwear.² Some shoe stores will do free shoe fit assessments
  - Talk with a healthcare provider about whether you would benefit from a brace or shoe inserts²

- Sitting:
  - Sit less! Move more!²,⁴ Take small breaks from sitting to move around the house or office
  - Ensure a good fit with your chair and/or desk⁵,⁶
  - Use a back pillow or foot stool⁶
  - If applicable, check with your employer to see if they offer assessments to get your workspace set up comfortably⁵

- Doing heavy labor:
  - Try the strategies listed at left for “standing & walking”⁶,⁷
  - Lift safely; bend your knees and keep objects closer to your body⁶
  - Use lifts, carts, or other mechanical assistance where possible⁸
  - Perform exercises to increase strength, balance, and performance⁹

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- Tai chi, acupuncture, and thermal treatments:
- Physical activity:
- Education and social support:
- Better sleep:
- Standing and walking:
- Sitting:
- Doing heavy labor:

This information is provided for educational purposes only and is not intended to replace discussions with a healthcare provider.

References

Learn more about managing your joint pain at www.oacaretools.org
OAAA collaborated with Pfizer in the development of this resource.