

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.^{1,2}

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.³

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 breaks^{6,7} 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 desk^{5,6}
- 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"^{2,6,7}
- 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



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

References

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