Visit www.oacaretools.org for more resources to help you manage your joint pain. OAAA collaborated with Pfizer in the development of this resource.

Osteoarthritis (OA) is the most common form of arthritis, affecting 1 in 7 adults.

OA: When cartilage breaks down in the joint, symptoms such as pain, stiffness, mild swelling, and tenderness in the joint may occur.

OA can occur in any joint, but it most commonly occurs in hips, knees, hands, lower back and neck.

Under 45 years of age, OA is more common in men. At age 50 and over, it’s more common in women.

You are at increased risk of having OA if you are female, are overweight, have experienced a previous joint injury, have family members with OA, have diabetes or heart disease.

You receive 4 pounds of relief on your knees for every 1 pound of weight you lose.

Movement (motion) can help improve your pain, daily activities, mood, and other health conditions. Some physical activity is better than none.

Aim for 150 minutes of moderate-intensity physical activity per week (about 20 minutes a day) and combine this with strengthening, balance, and flexibility exercises. Talk to a healthcare professional before starting a new exercise routine.

Talk to your doctor or, if available, your workplace wellness specialist about getting a baseline pain assessment or an assessment of your work environment to help address your joint pain and symptoms.

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

References