

Osteoarthritis In The Workplace

What is OA?



Osteoarthritis (OA) is the **most common** form of arthritis, affecting 1 in 7 adults¹



OA: When cartilage breaks down in the joint, **symptoms** such as pain, stiffness, mild swelling, and tenderness in the joint may occur.²



OA can occur in any joint, but it most commonly occurs in hips, knees, hands, lower back and neck.^{2,3}



Under 45 years of age, OA is more common in **men**. At age 50 and over, it's more common in **women**.³



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.²

OA In The Workplace



Repetitive motion

Certain occupational activities, including repetitive kneeling, squatting, or climbing, can increase the risk of developing OA.⁴



Prior joint injury

Individuals with a history of knee injury are 3-6 times more likely than those without a knee injury to develop knee OA.⁵



Absenteeism

Workers with OA are more likely to be absent from work and miss more days of work than workers without OA.⁶



Presenteeism

Presenteeism means being less productive while at work. OA pain may lead to work impairment and reduced productivity.⁷

How To Manage Joint Pain



Lose Weight

You receive 4 pounds of relief on your knees for every 1 pound of weight you lose.⁸



Movement

Movement (motion) can help improve your pain, daily activities, mood, and other health conditions⁹ – Some physical activity is better than none.¹⁰



Aim for 150 minutes of moderate-intensity physical activity per week¹⁰ (about 20 minutes a day) and combine this with strengthening, balance, and flexibility exercises.¹⁰

Talk to a healthcare professional before starting a new exercise routine.



Protect your joints

Ensure a good fit with your chair, desk, and computer.¹¹ Use safe lifting techniques.¹² Take breaks from repetitive motions.¹³ Practice yoga or simple stretches. Wear well-fitting and supportive shoes.¹⁴



Talk with 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.



Visit www.oacaretools.org for more resources to help you manage your joint pain.

OAAA collaborated with Pfizer in the development of this resource.

References

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