The Osteoarthritis Action Alliance (OAAA) is a national coalition of concerned organizations mobilized by the Arthritis Foundation and the Centers for Disease Control and Prevention (CDC) in 2011. The OAAA is committed to elevating OA as a national health priority and promoting effective policy solutions that aim to address the individual and national toll of OA.

Learn more at www.oaaction.unc.edu and follow us on social media.

@OsteoarthritisActionAlliance
@oaactionallianc

OACareTools also contains 9 self-paced educational modules to expand users’ knowledge of OA and help them support adults with arthritis in self-management strategies.

*Learning Modules were developed independently by the OAAA as part of separate funding from a Pfizer Independent Grant for Learning and Change.
Osteoarthritis

Osteoarthritis (OA), the most common form of arthritis, is a serious chronic disease affecting 1 in 7 U.S. adults\(^1\) and is a leading cause of disability.\(^2\)

OA can cause pain, stiffness, and swelling, which may limit mobility and function and interfere with daily activities and work tasks.\(^1\)

The personal and economic burden of OA is significant, and the effects are felt by adults with OA, their families, employers, and communities. The good news is that there are strategies to help prevent and manage OA.\(^1\)

OACareTools

OACareTools is an online toolkit that aims to reduce the burden of this painful and costly disease. OACareTools is designed for three primary groups:

- **Healthcare providers** in primary care, including physicians, nurse practitioners, physician assistants, pharmacists, physical/occupational therapists, sports medicine professionals, athletic trainers, and fitness professionals
- **Employer representatives** such as business leaders, benefits/wellness consultants, human resource representatives, and occupational health providers
- **Adults and employees** with osteoarthritis

OACareTools includes multi-modal tools and resources customized for healthcare providers, patients, employers and employees.

Examples of resources are listed at right. Visit www.oacaretools.org for a complete listing and description of resources.

OAAA collaborated with Pfizer in the development of these resources.

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Resources

**Healthcare Providers**

- **Guidelines for managing OA** - Get the latest clinical guidelines at a glance
- **Exercise Rx for Arthritis** - Help your patients create a physical activity plan
- **Functional assessments** - Learn which assessment is right for your patients

**Employers**

- **OA facts & figures** - Signs and symptoms, financial burden, and treatment
- **Is your workplace arthritis-inclusive?** Improve the safety and health of your workers
- **OA prevention** - Connecting OA with weight, including tips to manage both

**Patients and Employees**

- **Improving pain and function** - Tips for managing arthritis at home and work
- **Evidence-based resources** - Learn what’s available for people with OA
- **Physical activity worksheet** - Get physical activity recommendations and make your plan
- **Lifelong strategies to prevent OA** - Reduce your risk with weight management and injury prevention

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