

2023 SUCCESSES



- The OAAA completed a CDC-funded review to identify programs that met established criteria to be recognized as an Arthritis-Appropriate Evidence-Based Intervention (AAEBI).
- 2 new interventions were added to the list of recognized programs, including My Knee Exercise Program and GLA:D®.
- Learn more about all 23 recognized programs as well as the review process at oaaction.unc.edu/aaebi.

PREVENTING OSTEoarthritis AFTER AN ACL INJURY

OAAA Consensus Recommendations for Clinicians

OPTIMIZE EDUCATION

- Focus on **preserving wellness** after ACL injury.
- Improve **patient knowledge** about the risks for poor outcomes after ACL injury.
- Seek tailored education and tools to **facilitate communication** with patients and caregivers about osteoarthritis and prevention.

PHYSICAL RECOVERY & PREPARATION

- Provide **supervised, comprehensive, and progressive** rehabilitative care.
- Gradually pursue **sport-specific training**.
- Encourage people to meet the **Physical Activity Guidelines for Americans (2nd Edition)**.
- Offer **psychological skills** training or graded exposure therapy, as needed.
- Implement **preventative programs** aimed at reducing risk for future injury by focusing on exercises to improve strength, agility, balance, and flexibility with **proper technique**.

TEAM-BASED CARE & CONTINUITY

- Address patient needs with **interdisciplinary, coordinated, and patient-centered** strategies.
- Encourage organizations to **optimize socially supportive environments**.
- Provide support for potential **psychosocial stressors** encountered at work, at home, during return to play/work, etc.

MEASUREMENT CHOICE & MONITORING

- **Regularly monitor** patients using patient-reported outcomes, performance-based outcomes, and other indicators of progression.
- Consider the **ethics and efficacy** of how and what technology is adopted for patient monitoring and prevention.

OA OSTEoarthritis ACTION ALLIANCE
<https://oaaction.unc.edu>

Infographic Credit: OAAA Secondary Prevention Task Group

- Secondary Prevention Task Group Consensus Statement and Evidence Review published in *Journal of Athletic Training*.
- Press Release by the **National Athletic Training Association**.
- Secondary Prevention webpage created.
- Dr. Jeffrey Driban and Dr. Hayley Root featured on **JOSPT Insights** podcast.
- **MB Sports** interviewed Dr. Jeffrey Driban to discuss preventative strategies for OA for college athletes post-ACL injury.



Received support from several key partners:

- OAAA collaborated with the **National Council on Aging** to create a series of articles on OA.
- The OAAA featured in **United Healthcare** article, “How to keep your joints healthy, starting today” and mentioned in **CNN** article, “Here are low-impact exercises that may ease your arthritis pain.”
- Celebrated National Hispanic Heritage Month with series of webinars on health education for Latinos with OA and **Univision** interview.
- OAAA Associate Director, Kirsten Ambrose, presented during **Health Links’** webinar, “Health@Work: Supporting Workers with Chronic Conditions” and **AgrAbility** webinar, “What a Pain! Understanding and Managing Chronic Pain to Stay Active in Life.”
- Highlighted by **Healio** as a “leader in health” and a key opinion leader to follow on Threads.
- Crossed 15,000 members in the StandUp2OA Facebook Support Group.
- Raised \$1000 during Tar Heal Tuesday.

Physical Activity Reduces Risk of Osteoarthritis for Those with Obesity

Adults 18-50 with obesity have an increased risk of developing osteoarthritis. Fortunately, regular physical activity – through a combination of aerobic and strength training – can help protect against osteoarthritis by increasing muscle strength and cardiovascular health, improving body composition and joint support, preserving muscle mass, and reducing inflammation, joint stiffness and pain.

Aerobic Activities

- Frequency:** 2-3x per week, progress by adding more sessions over time
- Intensity:** On a scale of difficulty from 1 to 10, progress from a 5 to an 8 over the course of the workout.
- Time:** Exercise for at least 10 minutes per session, and aim for a total of 150 minutes per week.
- Type:** Full or partial weight-bearing exercises, including walking, aquatic activities, and biking

Strength Training Activities

- Frequency:** 2-3x per week
- Intensity:** On a scale of difficulty from 1 to 10, progress from a 5 to a 7 over the course of the workout.
- Type:** Multi-joint exercises for your trunk, legs and arms, use exercise bands, machines, or free weights

Remember: Spend 5 minutes warming up and 5 minutes cooling down to prepare your joints for movement and help your body recover after exercise.

Did you know?

- Physical inactivity can increase disability and worsen joint discomfort and weight gain.
- Any movement is better than no movement. Try to find ways to be more active every day.

AMERICAN COLLEGE OF SPORTS MEDICINE LEADING THE WAY | OA OSTEoarthritis ACTION ALLIANCE

Before starting a physical activity program, consult with your care provider about what types of physical activity would be safest for you.

Source: O’Riordan LM, Pappas ML, Driban JJ, Vincent HK, Newman C, Messer SP, Ambrose KR, Studer SP. Exercise prescription for weight management in obese adults at risk for osteoarthritis: synthesis from a systematic review. BMC Musculoskelet Disord. 2023;24(1):60

- The OAAA collaborated with the **American College of Sports Medicine** to create an infographic, Physical Activity Reduces the Risk of OA for Those With Obesity.



Added 10 new organizations to the Alliance:

- Angry@Arthritis
- Artfull Enrichment
- Cellcolabs
- GID Bio
- Journal of Orthopaedic & Sports Physical Therapy/Movement Science Media
- Nikovari Bio Tech Oy
- Remedic
- Sound Generations Project Enhance
- University City Partners
- Van Andel Institute

WE WOULD LIKE TO THANK ALL OF OUR CURRENT AND PREVIOUS SPONSORS FOR THEIR IMPORTANT AND GENEROUS SUPPORT, INCLUDING THE ARTHRITIS FOUNDATION, AMERICAN PHYSICAL THERAPY ASSOCIATION, AMERICAN MEDICAL SOCIETY FOR SPORTS MEDICINE, ANGRY@ARTHRITIS, PARADIGM BIOPHARMA, AND PRUDENTIAL!