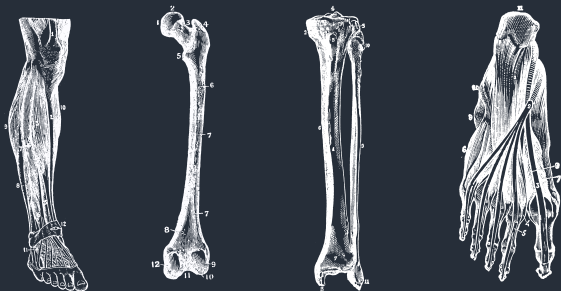


WHAT IS OA?

- OA is characterized by a localized loss of cartilage, changes to the nearby bone, and increased inflammation. OA tends to be located at major joints such as shoulders, hips, and knees.
- OA affects many structures other than bone and cartilage such as ligaments, muscles, and nerves.



CAUSE

- OA is not a normal part of aging, but can be formed by degeneration ("wear and tear") of a joint or injury over time.
- OA is a complex disease caused by modifiable (things you can control) and non-modifiable (things you can't control) risk factors.
- There is no cure, so focusing on these modifiable risk factors like body weight are important for prevention and management.

COMMON SYMPTOMS:

Pain, stiffness, swelling, decreased flexibility, difficulty walking and/or performing daily tasks.

PHYSICAL THERAPISTS' (PT) ROLE IN OA CARE

BENEFITS PROVIDED

PTs can provide help with ways to improve and/or maintain function by reducing pain and stiffness, increasing strength, and improving overall quality of life and wellbeing.

EXERCISE PLAN

PTs are experts in the way people move and can create an exercise plan specifically tailored to individual needs.

MANAGEMENT

PTs can provide advice on footwear, kinesiotaping, when to use heat vs ice, and on assistive devices if necessary. Conservative care can also delay the timeline for more invasive surgery.

REFERRAL

If the PT does not know the answer to the question or cannot perform a certain treatment, they can help to find you the resources and/or refer to another professional who can.

A PHYSICAL THERAPY GUIDE TO



OSTEOARTHRITIS (OA)

FIND MORE INFORMATION AT:

[HTTPS://WWW.ARTHRITIS.ORG/DISEASES/OSTEOARTHRITIS](https://www.arthritis.org/diseases/osteoarthritis)

GENERAL EXERCISE STRATEGIES FOR OA MANAGEMENT



An exercise program for OA may include:

- Participation in 150 minutes each week of moderate intensity physical activity (hard enough so that an individual can talk, but cannot sing during exercise).

- Warm up & Cooldown



- Strengthening



- Aerobic fitness



- Flexibility



AQUATIC THERAPY

Aquatic Therapy can improve the function of following body systems:



Cardiac



Circulatory



Pulmonary



Musculoskeletal



Neurological



Kidneys

THESE TREATMENT METHODS ARE RECOMMENDED TO BE TRIED FIRST BEFORE MORE SERIOUS PROCEDURES. IF YOU HAVE QUESTIONS ABOUT OTHER FORMS OF CARE (MEDICINAL OR SURGICAL) CONTACT YOUR DOCTOR TO DETERMINE THE BEST OPTION FOR YOU!

OTHER POSSIBLE TREATMENTS

- Aquatic Therapy

- Weight loss

- Assistive Devices/Bracing



- Self-management

programs/Coping skills

- Tai Chi



- Shoes/Orthotics

- Heat or ice

- Acupuncture



- Yoga

- Cognitive Behavioral Therapy

- Kinesio Taping

