



Tips for Living with Osteoarthritis



**ARTHRITIS
REHABILITATION &
EDUCATION
PROGRAM**

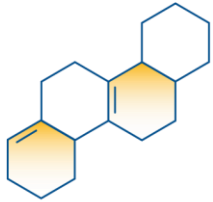


Ontario Health



MISSION

The Arthritis Society Canada is dedicated to extinguishing the fire of arthritis.



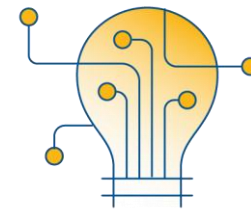
Research

We spark new ideas and careers in arthritis research



Advocacy

We are a critical patient voice on health issues



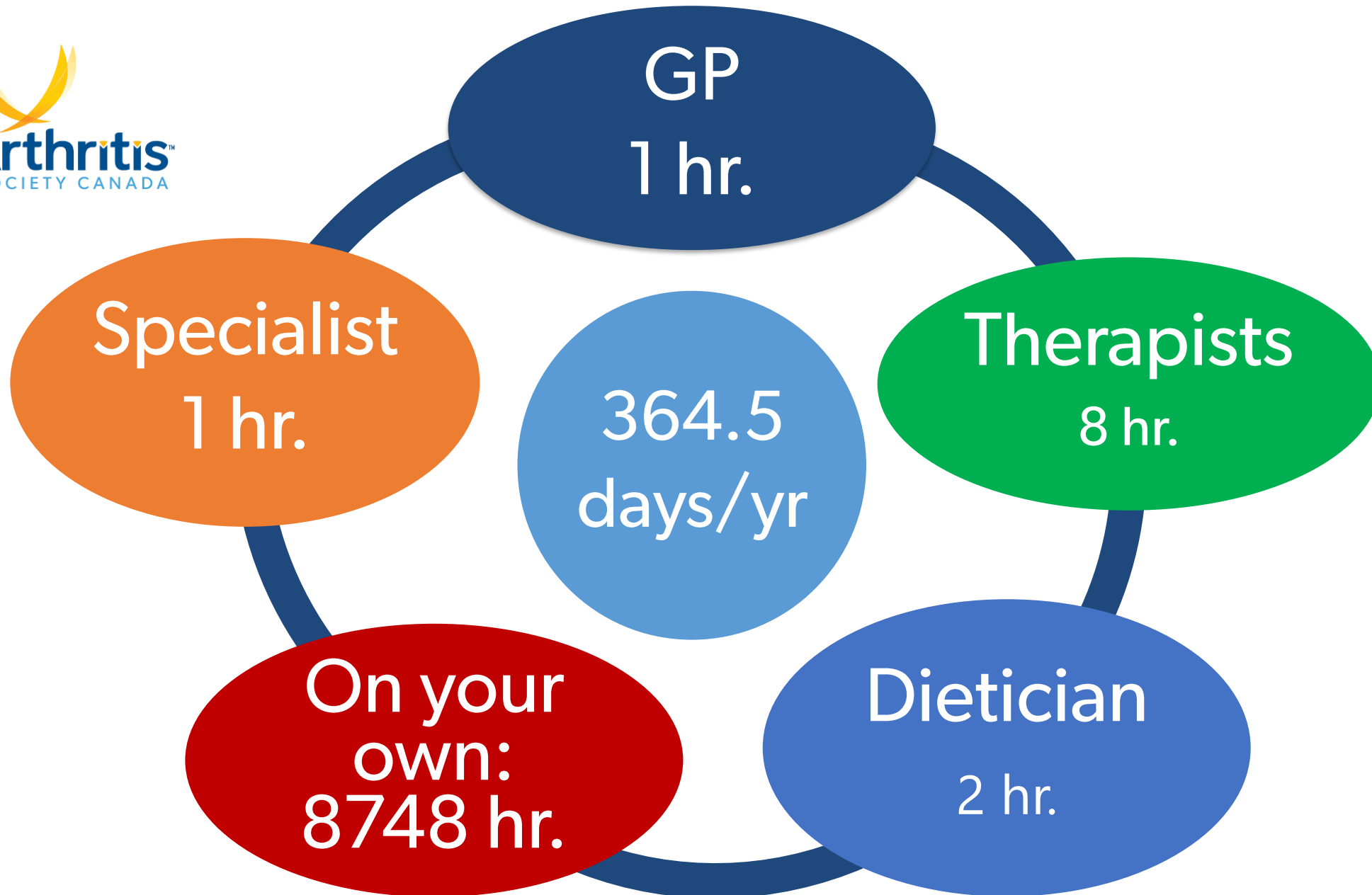
Innovation

We invest in high-risk, high-reward ideas



Information & Support

We engage Canadians to reduce the impact of arthritis

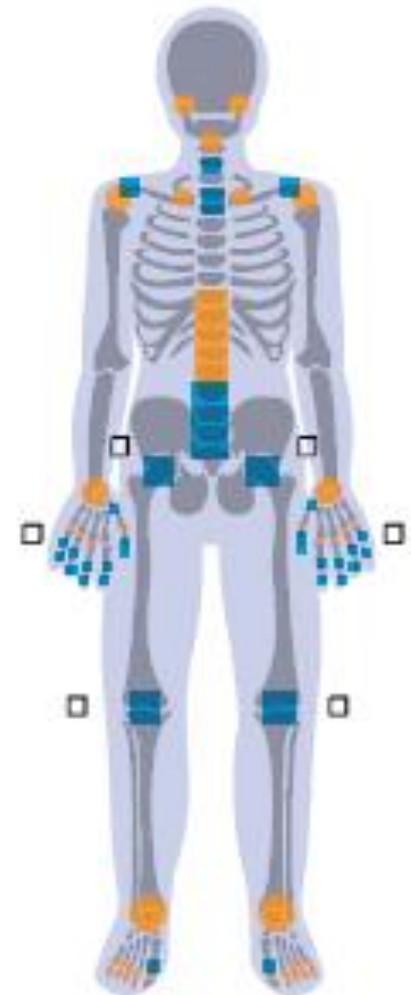


Agenda

- The condition
- Strategies to manage pain and stiffness
- Knee/hip arthritis tips
- Hand arthritis tips

Inflammatory Arthritis vs Osteoarthritis

- Systemic Inflammatory³
(rheumatoid arthritis)
- Osteoarthritis³



Symptoms of Arthritis

Joint Pain / crepitus / swelling

Joint Stiffness/ loss of movement

Loss of 'confidence' in joint

Functional Limitations

- Home
- Work
- Social

Arthritis affects
more than just
your joints

Joint

OA Joint

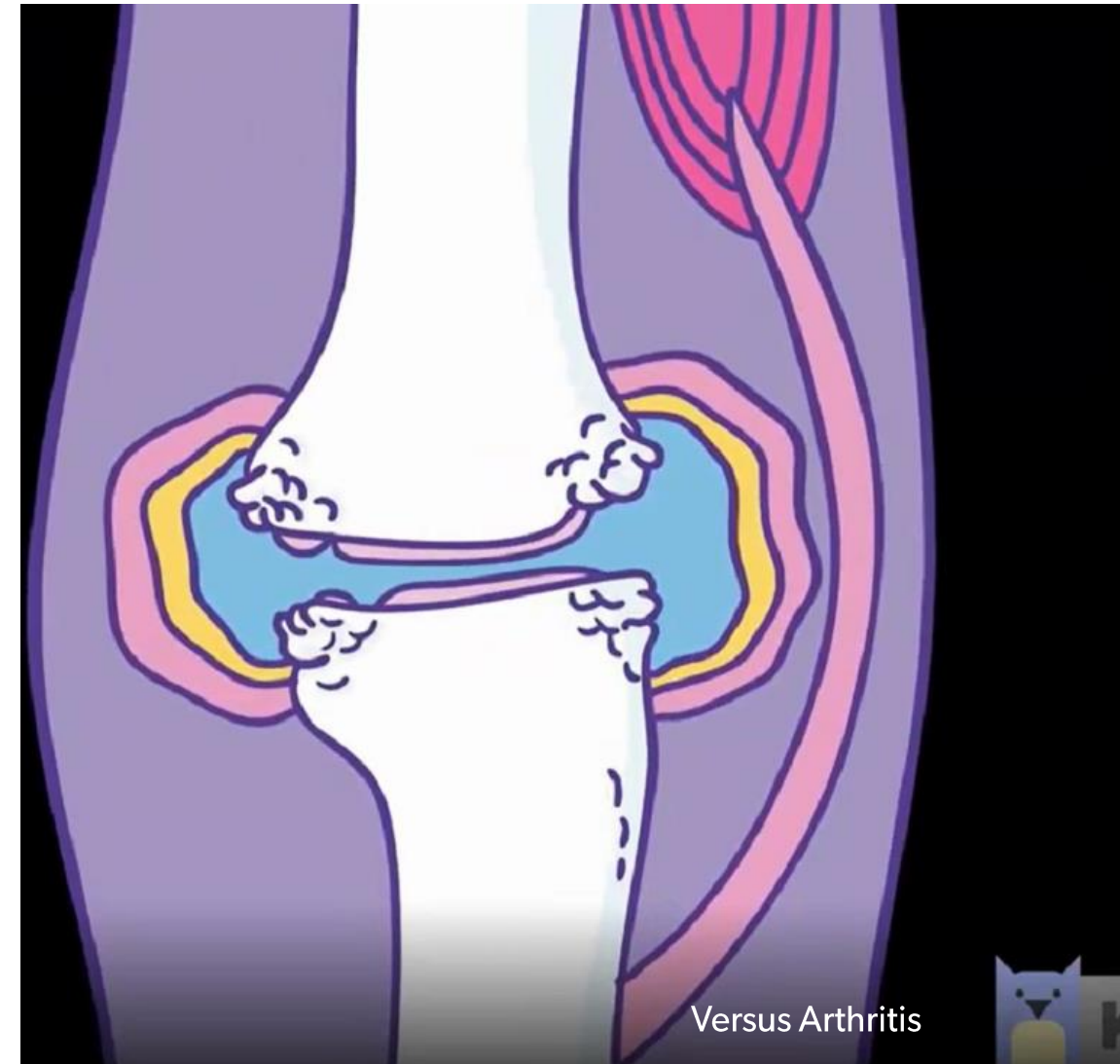
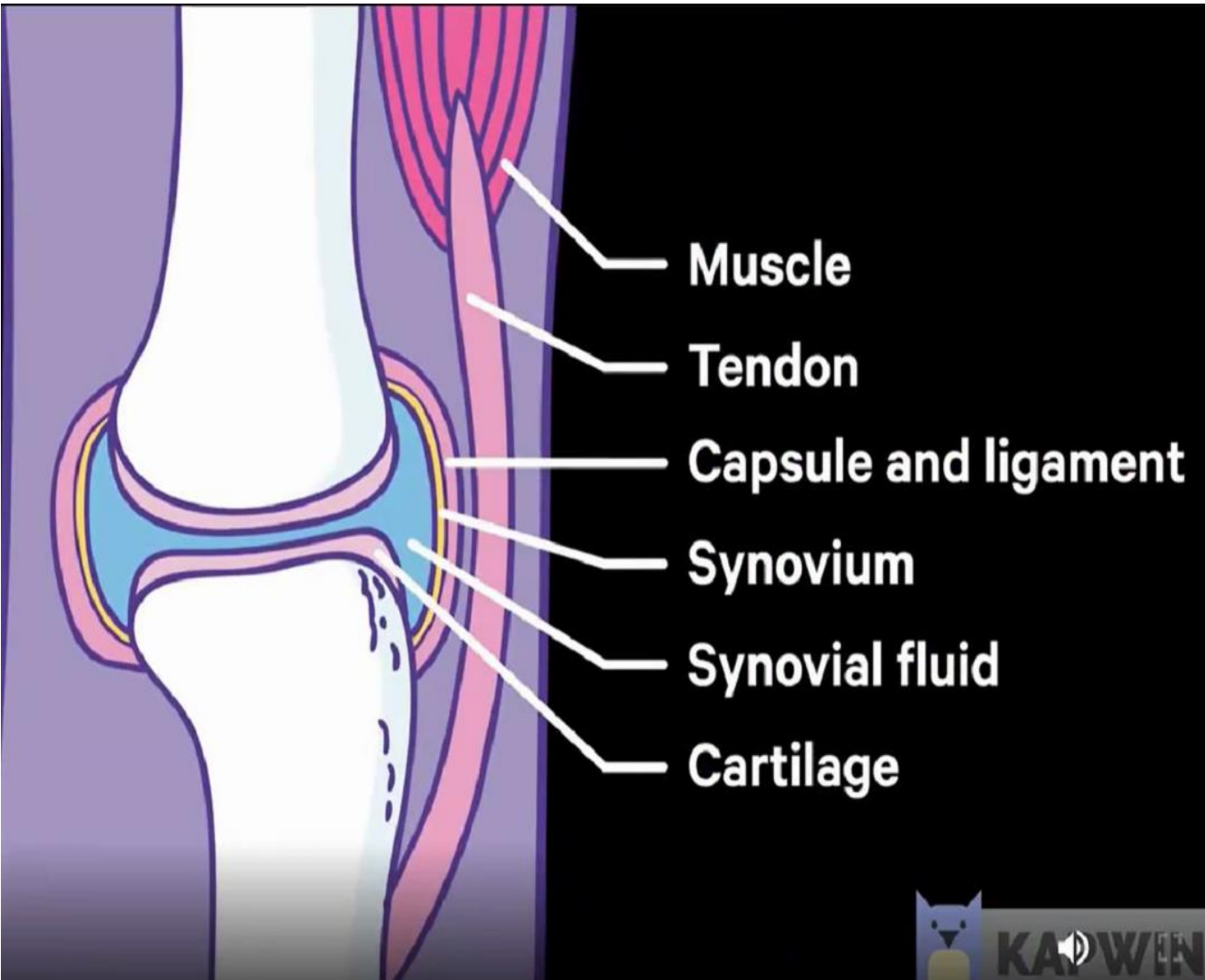
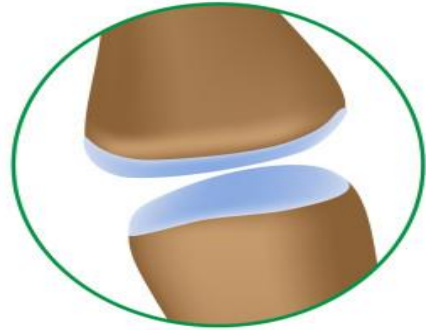
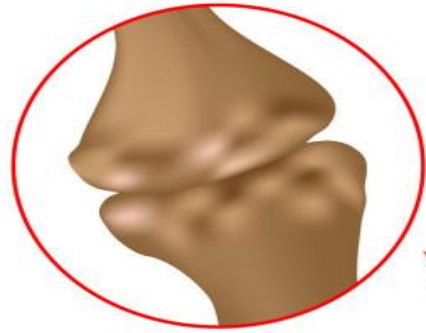




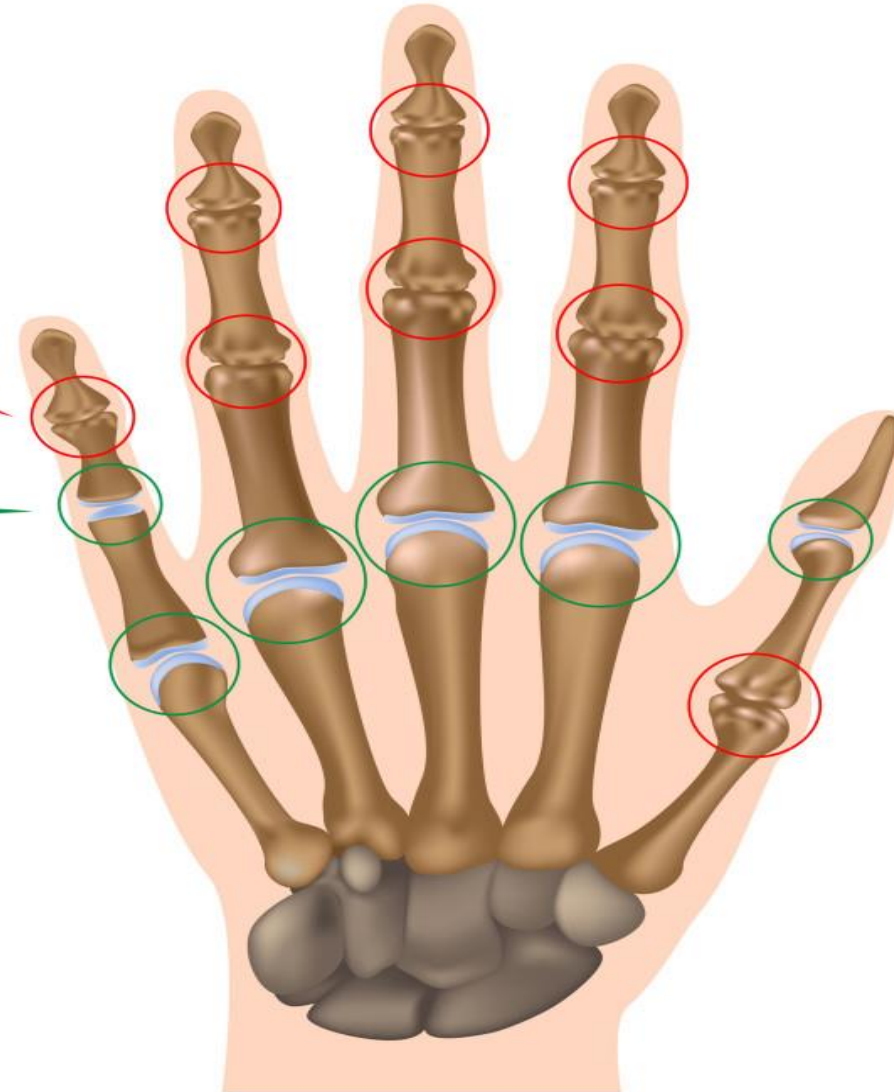
Photo: The Arthritis Society

Hand Osteoarthritis

Osteoarthritis



Healthy joint



X ray is not needed for diagnosis



Risk Factors for OA

Non-modifiable:

aging

sex

heredity

congenital



Modifiable:

excess weight

joint injury

muscle weakness

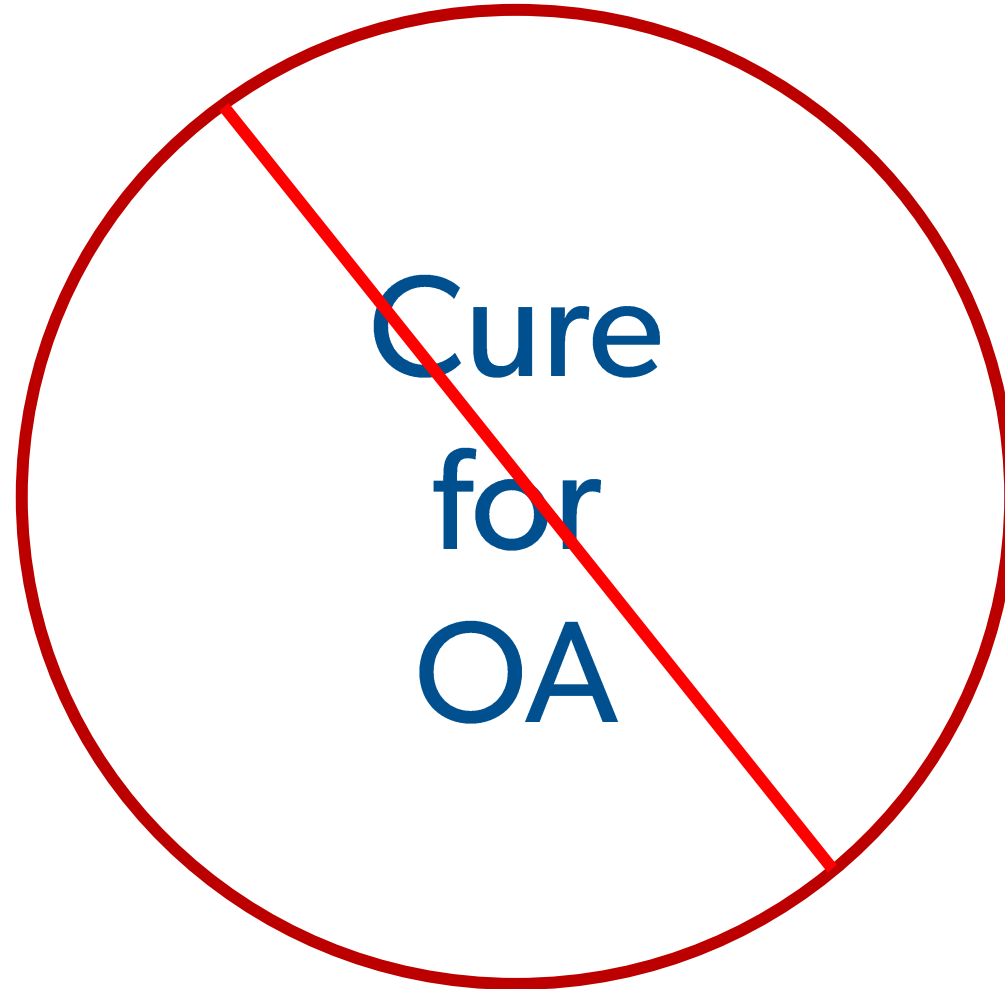
inactivity

occupation

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Medication



Supplements

- **X** Glucosamine
- **X** Chondroitin
- **X** Others?

Speak to your pharmacist before trying a new supplement.
Inform your doctors about all your supplements.

Heat



Therapeutic Exercise / Physical Activity

As **good as or better** than
medication for pain relief

obesity

high blood
pressure

dementia

heart
disease

Regular
physical
activity
decreases
risk of:

depression

diabetes

cancer

osteoporosis





Physical activity

Therapeutic
exercise

Any body
movement done
in daily life

Neuromuscular
training

Dancing

Aerobic exercise

Gardening/ yard work

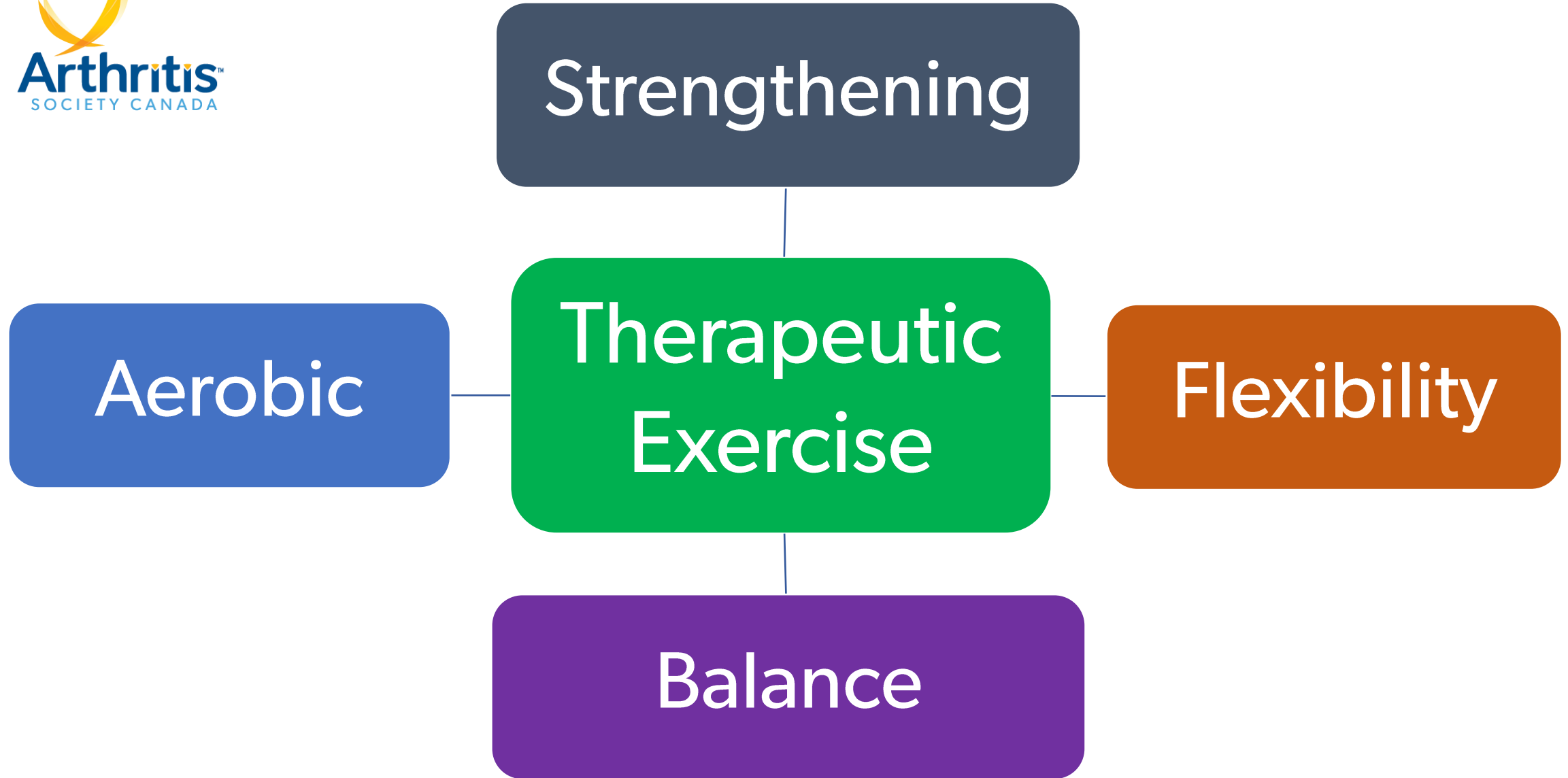
Flexibility

Walking to bus stop

Balance

Housework

Strengthening





Weight loss

Compression force on knee/hip



1 lb. =



4,800 lbs. / 3,600
Per mile walked



10 lb. =



48,000
lbs./36,000
Per mile walked

Canada Food Guide

Eat a variety of healthy foods each day

Have plenty of
vegetables and fruits

Eat protein foods



Make water
your drink
of choice



Choose
whole grain
foods

Other treatments that may or may not help OA

Mobilization
Manipulation
Massage

TENS
Ultrasound
Laser
Acupuncture
Electromagnetic
therapy

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- **Knee/hip arthritis tips**
- Hand arthritis tips

Pace activity

Use devices

Protect
joints

Change
method

Alternate
sitting /
standing

Supportive Shoe

Heel collar

Firm heel counter

Heel 3 – 3.5 cm wide for stability



Lace-up or velcro

Soft uppers

Deep/wide toe-box

Soles cushioned / non-slip

Photo: The Arthritis Society

Orthotics



Flattened long arch

Photo: The Arthritis Society



Photo: The Arthritis Society

Gait aids



Braces



Devices



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FACT:

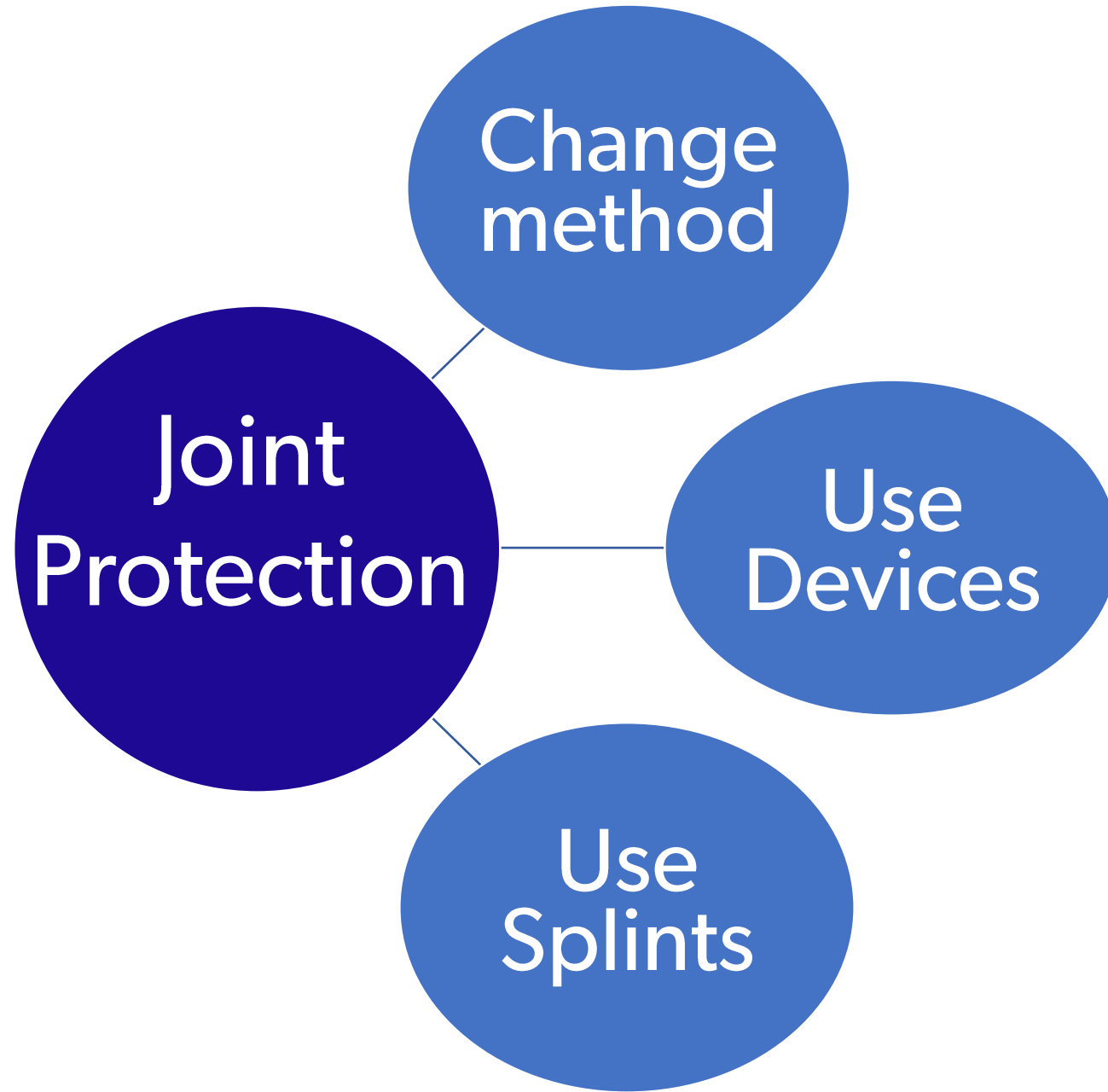


1 pound of pressure →



12 pounds of pressure →





Use Two Hands



Avoid Prolonged Holding





Non-Slip Grips



Larger Grips



Battery/Electric Operated



Compression



Splints




Google image

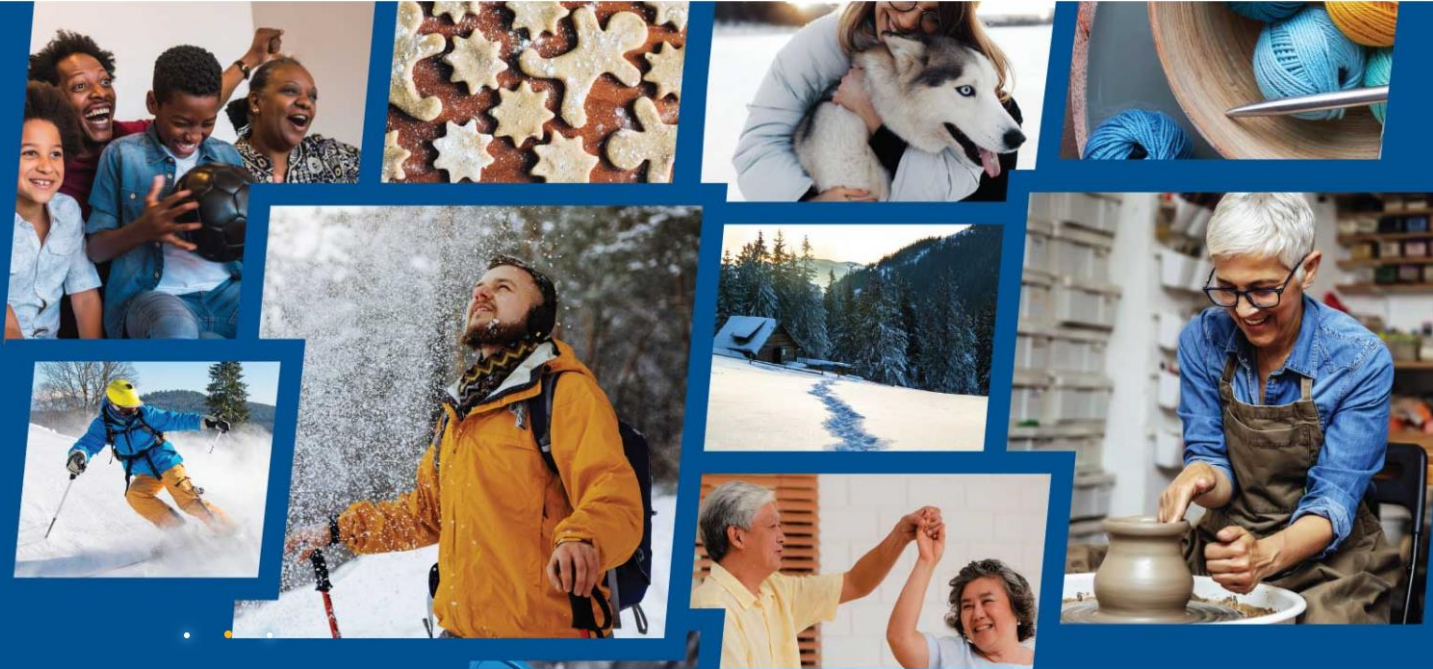
If you always do what
you always did



You will always get
what you always got



And you'll always feel
how you always felt



Move Your Way

A new way to make a difference to 6 million Canadians with arthritis.

[Learn More](#)



What is Arthritis?

Arthritis is a collection of conditions affecting joints and other tissues. It causes pain, restricts mobility and diminishes quality of life.

IT'S SERIOUS. 1 IN 5 CANADIANS LIVE EVERY DAY WITH ARTHRITIS AND THERE IS NO CURE.

[Learn More About Arthritis](#)



Medical Cannabis and Arthritis

Learn more about medical cannabis to help you make informed choices about your arthritis care.



Navigating your Healthcare

Navigating the healthcare system is key to getting the care you need. Discover how here.



Managing Chronic Pain

Pain is a common symptom of arthritis. Learn ways to manage it and thrive.



Overcoming Fatigue



Eating Well



Daily Living



VIRTUAL GROUP EDUCATIONAL EVENTS

Sleep & Arthritis



VIRTUAL GROUP EDUCATIONAL EVENTS

Mindfulness Meditation



VIRTUAL GROUP EDUCATIONAL EVENTS

Foot Arthritis

1.800.321.1433 ext. 3307



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ARTHRITIS
REHABILITATION &
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**Ontario
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**The Arthritis Rehabilitation and Education Program
(AREP) is proudly supported by:**



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Health**

