

A Simple Introduction and Guide for

Managing Osteoarthritis



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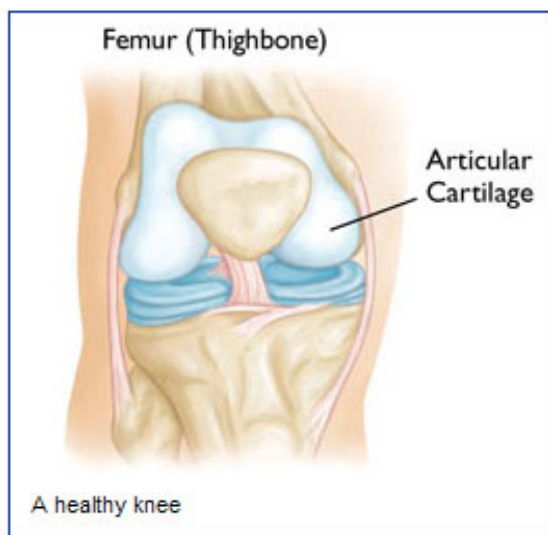
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What is Osteoarthritis (OA)



Osteoarthritis (OA) usually affects weight bearing joints – knees, hips & back. It occurs when cartilage (tough elastic material that covers and protects the ends of bones) begins to wear away. When this happens the joint cannot absorb shock or move as smooth. This results in pain, stiffness, swelling and eventually bone-on-bone.



- OA is the most common type of arthritis.
- It affects 1 in 10 Canadians.
- It is the leading cause of physical disability.
- Prevalence increases with injury and being overweight.
- It is a disease with no cure.

With early diagnosis & treatment you can take control of your disease & may delay or even avoid severe damage to your joints & lead an active life.



Risk Factors



Age. As we age our chances of developing OA increases. Younger generations that were highly active are also at risk.



Family history. Some research suggest that heredity is a risk factor for developing arthritis. Check to see if osteoarthritis is in your family.



Excess weight. Less body weight means less stress on your joints and often less pain. Even losing just 10 pounds will make a huge difference.



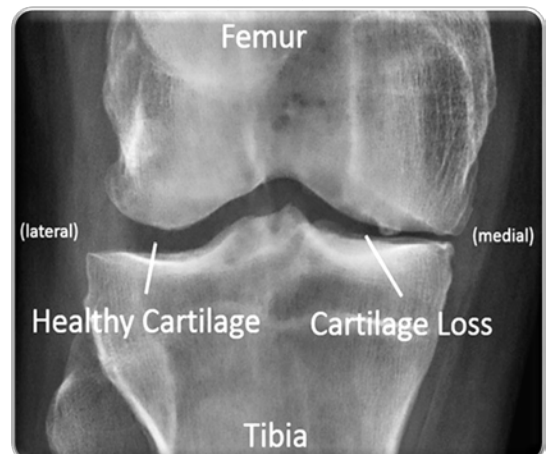
Joint injury. Chances of developing OA increases in joints that have had previous damage. This can occur years after the initial injury.

Diagnosing:

There is no single test for OA. If you have signs & symptoms your doctor will perform a clinical examination and perform X-rays.

Most treatments for OA work best when started earlier. It is important to establish a correct diagnosis early.

X-Ray of right leg – front view



Common signs & symptoms



Quick Joint Check

- ✓ Swelling
- ✓ Warmth
- ✓ Creaking
- ✓ Pain
- ✓ Stiff

My knee is sore & stiff every morning but improves within 15 - 20 minutes.

Its been over 6 weeks. I thought this pain would have gone away by now.

I can't seem to get comfortable when sleeping

My joint pain is starting to affect me at work.

My joints swell after activity.



Managing your Osteoarthritis

Step 1: Talk with your doctor.

Early diagnosis is key. If you think you are at risk and have been experiencing signs and symptoms of OA for more than six weeks please visit your doctor. Getting early treatments will lead to a better quality of life.



Step 2: Build your Pain Management Team. It is important that you use as many resources as possible to help you. What works for others may not work for you. Build your team with you as the Captain.



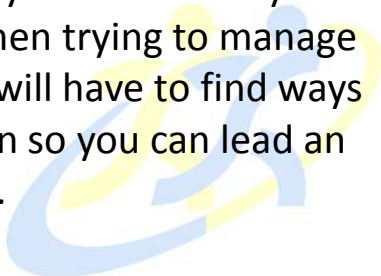
Build your TEAM

- Doctors
- Kinesiologists
- Physiotherapists
- Nurses
- Pharmacist
- Community
- Dietician
- Family & Friends

All can help you manage OA pain.

Step 3: Plan to be Active.

Being physically active will be your top priority when trying to manage your OA. You will have to find ways to manage pain so you can lead an active lifestyle.



Being Active is Top Priority

Why be active?

- Protect the joints by strengthening the muscles around them.
- Releases chemicals in the body that help minimize pain.
- Improves your ability to loose & manage weight to reduce joint stress.

Staying physically active will:

- Reduce pain
- Improve mobility
- Improve overall fitness
- Give you a better quality of life.

Join our Walking Club.

We believe that walking is a great way to become active.

- **Walk Talks**
- **Workshops on Arthritis & Nordic Poles**
- **Community Social Walks**
- **Exclusive offers** on walking & running shoes, heart rate and activity monitors, pedometers, walking poles and other walking related gear.



Simply talk to our staff or visit us online and join!

www.thebracingexperts.com/walkmoredomore

Kinetic Konnection can help you Manage Osteoarthritis.

To effectively manage Osteoarthritis (OA) pain **you must be active**. Find an effective strategy to protect & treat your joints to optimize your chance of being active.



Medications, alternative therapies and surgeries are effective ways to manage pain.

Talk to our educated staff of Human Kinetics graduates about ways we can help YOU!



- Bracing designed specifically for OA
- Orthotics and footwear
- Ice and Heat therapies
- TENS for pain management
- Topical gels and creams
- Walking poles for activity and stability
- Assistive seating & car mobility aids
- Walkers and canes



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