

3 fab facts for happy joints

for people living with osteoarthritis (OA)

1

Move them before you use them

- before you get up to walk, swing your legs while seated
- before you garden or clean, swing your arms
- **WHY?** This “oils” your joint with natural fluid that lubricates and provides nutrition. It’s a great way to avoid the pain and stiffness often experienced when we start to move again after sitting.



2

If your joints are tight, warm them and stretch them before using

- warm up your joint tissue with mild moist heat (i.e. use a warm wet towel, take a warm shower or soak in a tub) before stretching.
- **WHY?** Sitting or lying can cause the tissues surrounding your joints to get tight. In addition, parts of the tissues can get stiffer when cold. Therefore, warming up your joints makes it easier to stretch tissues, particularly after you’ve been sitting for a while.
- **Exceptions:**
 1. don’t use heat on your joints if they are warm and red and/or if you have numbness in the area; and
 2. be careful not to burn the skin with the hot-pack; your skin should be slightly pink, not red.



3

Move little bits often - even when you’re sore

- try to walk every hour during the day for 3-5 minutes
- find reasons to get up and move around: get a drink of water, unload the dishwasher, walk around while speaking on the phone, ask your colleague to have a ‘walking meeting’
- **WHY?** movement lubricates and strengthens joints and stops connective tissues from getting tight. Movement also helps release natural pain-relieving substances from our brains.

