

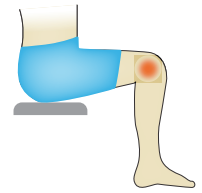
# Talk to your doctor about your joint pain

|                     |   |
|---------------------|---|
| The facts will help | 1 |
| What to share       | 2 |
| Qs for your doctor  | 2 |
| What to expect      | 3 |
| Self-care checklist | 4 |

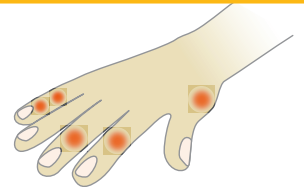
## The facts will help

- Osteoarthritis occurs when there is a breakdown of joint tissues including the smooth cartilage that covers the ends of bones.
- The risk of getting osteoarthritis goes up if:
  - ☐ the person is female;
  - ☐ someone else in the family has it;
  - ☐ the joint is loaded abnormally and/or used improperly;
  - ☐ the person is over their ideal body weight;
  - ☐ the joint is injured.
- Young and old people get osteoarthritis, but as you get older your chance of getting it increases.
- Knees, hips and joints in the hands are most commonly affected by osteoarthritis.
- The most common symptoms of osteoarthritis are pain and stiffness, but can also include swelling.
- The best proven ways to treat osteoarthritis are through physical activity and getting to a person's ideal body weight.
- Osteoarthritis is a serious chronic condition that increases the risk of:
  - ☐ Diabetes;
  - ☐ Heart disease;
  - ☐ Stroke;
  - ☐ High blood pressure.

## Common Symptoms



Pain and/or stiffness in or around a joint lasting for more than two weeks



Pain in joints, especially in hands and feet



Reduced strength and mobility in a joint or joints

# Information for your doctor

## What to share

### Rate your pain



### Describe how your pain impacts your quality of life:

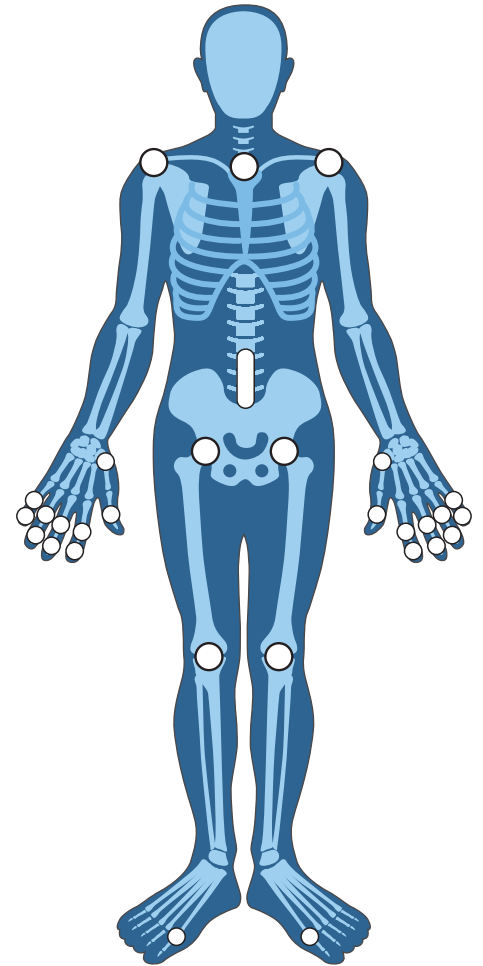
- Physical activity
- Sleep
- Mental Health (like mood or depression)
- Relationships
- Worklife

## Qs for your healthcare provider

Here is a list of suggested questions to ask your healthcare providers about osteoarthritis:

- Q Is my joint pain caused by osteoarthritis?
- Q What can I do to help my symptoms of pain and stiffness?
- Q What ways are proven to reduce my pain symptoms?
- Q Do I have to take medicine or are there other things I can do to help myself?
- Q How long will it take for the prescribed medication(s) to take effect?
- Q What can I do to help prevent further joint damage?
- Q Should I exercise if I have joint pain? How much and how often?
- Q What are reliable websites with more patient information on arthritis?

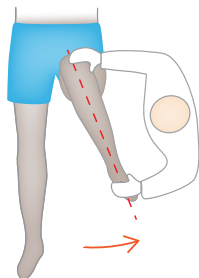
Which joints are hurting?



# Your joint examination

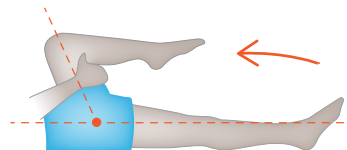
## What to expect

Hip Rotation



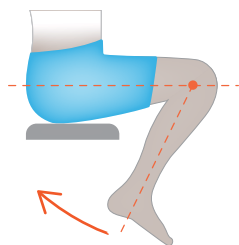
Lateral movement

Hip Flexion



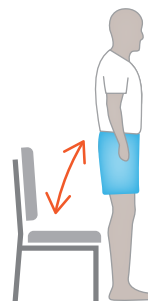
Knee to chest

Knee Range of Motion



Heel to buttock

Joint Strength



Sit and stand

## Hand function and strength



Squeeze



Wrist



Grip



Pinch

Other tests beyond the physical examination are not usually required and will only be ordered if there is a concern

# Your self-care checklist

Suggestions to help you get the most out of your self-care plan.

| Physical Activity                                                                                                            |                                                                                     | Modify Activities                                                                             |                                                                                       |
|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Walking, water based exercise and cycling are "joint friendly"                                                               |    | Protect or support joints when necessary by using splints or braces for affected joints       |    |
| Perform aerobic, range of motion and muscle strengthening exercises to help keep joints well supported, flexible and aligned |    | Modify your home or change how you do things when joints are painful                          |    |
| Diet                                                                                                                         |                                                                                     | Medications                                                                                   |                                                                                       |
| Eat healthy balanced portions from all food groups, and avoid "fast food" high in saturated fats                             |  | Follow your medication routine as closely as possible to best control osteoarthritis symptoms |  |

## Check out these resources

### Community Recreation Centres

Most cities have recreation facilities that often include swimming pools, water-based exercise programs, fitness rooms, walking tracks and gyms.

### Walking Clubs

- [www.walks.ca](http://www.walks.ca)
- [www.verywellfit.com/how-to-find-and-join-a-walking-club-3436714](http://www.verywellfit.com/how-to-find-and-join-a-walking-club-3436714)

### Water Based Exercise

- <http://getswimming.ca/en/>
- <https://www.swimming.ca/en/>
- <https://ymca.ca/What-We-Offer/Aquatics>

### Patient Resources

- [www.arthritis.ca](http://www.arthritis.ca)
- [www.jointhehealth.org](http://www.jointhehealth.org)
- <https://oaaction.unc.edu/>
- <https://gladcanada.ca/index.php/how-to-participate-in-glad-canada/>