



### **Osteoarthritis**

Osteoarthritis, also called, “wear and tear” arthritis, is the most common form of arthritic, affecting millions of people around the world. Osteoarthritis occurs when the protective cartilage on the ends of your bones wears down over time. While osteoarthritis can damage any joint in your body, the disorder most commonly affects joints in your hands, neck, lower back, knees and hips. Osteoarthritis gradually worsens with time, and no cure exists.

Risk factors include:

- High impact activity
- Obesity
- Previous injury to the affected joint
- Family history of osteoarthritis

Treatments that can relieve pain and improve function are:

- Activity modification (staying away from activities that cause pain)
- Good weight control
- Bracing, assistive devices (canes, walkers)
- Non-Steroidal anti-inflammatory medications (Ibuprofen, Aleve, Advil, Motrin) as directed
- Physical Therapy to strengthen the muscles around the joint
- Injections (cortisone, visco-supplements)
- Arthroscopy
- Joint Replacement

Important Numbers: