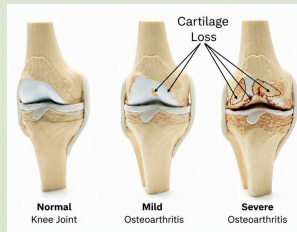


Understanding Osteoarthritis (OA)

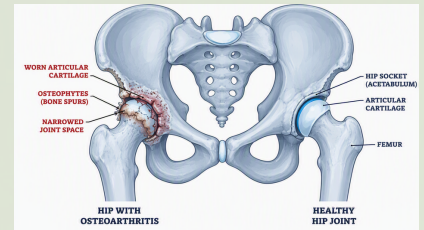
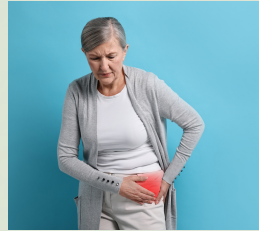
What is it?

Osteoarthritis is a common joint problem. It happens when the protective cushion (cartilage) covering the ends of your bones breaks down over time. This can cause the bones to rub together, leading to pain, swelling, and stiffness. It can affect any joint, but often knees, hips, hands, and spine.

Knee



Hip



Common Symptoms



Pain and stiffness in the joint, especially after resting or in the morning.



Difficulty walking, climbing stairs, or getting up from a seated position.



Reduced movement or flexibility in the affected joint.



A grating, clicking, or grinding sensation when you move the joint.

What Can Help?



Gentle walking



Cycling



Water exercise



Tai Chi



Muscle strengthening exercises



Safe medicines (talk to your GP)



GP Management Plan



Physiotherapy



Joint replacement surgery
(a last option)

Osteoarthritis is a long-term condition and not curable, but can be managed. Stay active, keep a healthy weight, focus on what you can do and work with your healthcare team. Surgery is usually only considered when other treatments do not help enough. You can live a full and active life with Osteoarthritis.