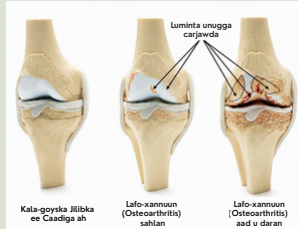


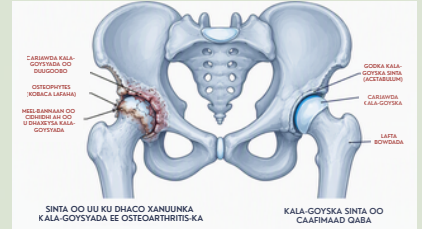
Waa maxay?

Osteoarthritis waa dhibaato ay dad badan la kulmaan oo ku dhacda kala-goysyada. Waxay timaadaa marka lakabka difaaca (cartilage-ka) ee daboolaya cidhifyada lafahaaga ay sii daciifaan ama ay burburaan muddo ka dib. Tani waxay sababi kartaa inay lafuhu is-xoqaan, taas oo keenaysa xanuun, barar, iyo adkaansho. Waxay saamayn kartaa kala-goys kasta, balse badanaa waxay saamaysaa jilbaha, sinta, gacmaha, iyo laf-dhabarta.

Jilibka



Sinta



Calaamadaha xanuunka ee inta badan la arko



Xanuun iyo adkaansho ku yimaada kala-goyska, gaar ahaan nasashada ka dib ama subaxdii.



Socodka oo qofka dhib ku nqoda, fuulista jaranjarada, ama marka fadhiga laga kacayo.



Dhaqdhaqaaqa oo yaraada ama dabacsanaan yaraatay oo ku timaada kala-goyska ay dhibaataadu saameysay.



Dareen ah xoqitaan, gujin, ama shiidid marka aad dhaqaajinayso kala-goyska.

Maxaa caawin kara?



Socod deggan



Baskiil-wadis



Jimicsiga biyaha



Tai Chi



Jimicsiyada xoojinaya muruqyada



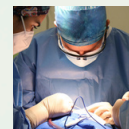
Dawooyin ammaan ah (kala hadal dhakhtarkaaga guud)



GP-gaaga qorshe uu kuu dejiyay



Daaweynta Dhaqdhaqaaqa Jirka (Physiotherapy)



Qalliin lagu badalayo kala-goysyada (waa inay ahaataa xulashada ugu dambaysa)

Osteoarthritis waa xaalad daba-dheeraata oo aan la daaweyn karin (aan laga bogsan karin), balse la maareyn karo. Samee dhaqdhaqaaq, ilaali miisaankaaga, diiraddana saar waxyaabaha aad awooddo inaad sameyso, adigoo la kaashanaya kooxdaada daryeelka caafimaadka. Qalliinka badanaa waxaa la sameeyaa oo kaliya marka daaweyn kale oo dhan laga quusto. Waxaad ku noolaan kartaa nolol dhammaystiran oo firfircoon adigoo qaba Osteoarthritis.

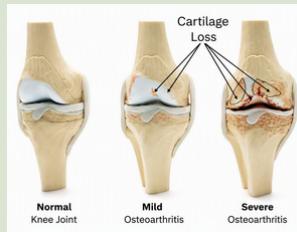
This resource was developed by the Refugee Health Network Queensland based on information from Arthritis Australia (2026)

Images: [istockphoto.com](https://www.istockphoto.com), [orthoeducation.com](https://www.orthoeducation.com) and [canva.com](https://www.canva.com)

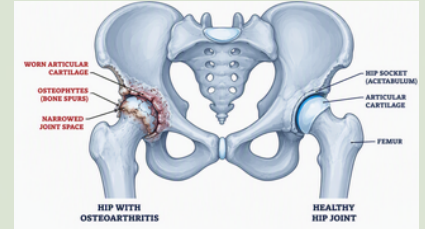
What is it?

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



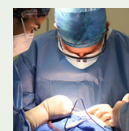
Safe medicines (talk to your GP)



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.