

# OSTEOARTHRITIS

SOME PHYSIOTHERAPY CAN HELP

Osteoarthritis is the

## 4th

most common health condition in Ireland

(Source- Healthy Ireland Survey 2015)



Most Common areas affected



**HAND**



**KNEE**



**HIP**

The main symptom is pain in the joint. Stiffness can also happen after you have been resting for a while such as first thing each morning.



It is more common in women than men

## RISK FACTORS

- INCREASING AGE
- FAMILY HISTORY
- OBESITY
- PREVIOUS INJURY TO THE JOINT



## 33%

of people over the age of 65 have Osteoarthritis

## OSTEOARTHRITIS INCREASES WITH AGE

Exercises that include strengthening, aerobic conditioning, joint range of motion, balance and agility can improve cardiovascular fitness, maintain weight and increase flexibility



## WHAT CAN YOU DO TO MANAGE YOUR ARTHRITIS

Control Pain

Achieve a healthy lifestyle

Improve joint function

Keep a healthy body weight

Physiotherapy can help to manage pain and improve everyday function



Many people find it helpful to talk to other people who are in a similar position to them. You may find support from a group or by talking individually to someone who has osteoarthritis.

## UNDERSTANDING YOUR FEELINGS

A diagnosis of osteoarthritis can be initially confusing and overwhelming. Like many people with a long-term health condition, those who find out they have osteoarthritis may feel anxious or depressed. But there are people you can talk to who can help.

Talk to your GP/Physiotherapist if you feel you need support to cope with your illness.

