Osteoarthritis is the 4th most common health condition in Ireland (Source: Healthy Ireland Survey 2015).

**Most Common areas affected**

- **KNEE**
- **HIP**
- **HAND**

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.

**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?**

**Physiotherapy** can help to manage pain and improve everyday function.

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.

**Understanding your feelings**

A diagnosis of osteoarthritis can be initially confusing and overwhelming. It is more common in women than men.

**Control Pain**

- Improve joint function

- Achieve a healthy lifestyle

- Keep a healthy body weight

**Talk to others**

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.

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The voice of physiotherapy in Ireland.