

WHAT IS IT?

Arthritis is an informal term referring to joint inflammation and pain. Arthritis can be classified in one of many different subcategories with the most common referring to **degenerative (osteoarthritis)** or **inflammatory (rheumatoid arthritis)**.

Osteoarthritis is the most common type and most commonly refers to the wearing away of bone cartilage causing pain, inflammation and stiffness due to bone rubbing on bone.

Inflammatory arthritis is when the immune system attacks the joints resulting in pain, inflammation, joint erosion and joint deformity.

SYMPTOMS

- The primary symptom of both degenerative and inflammatory arthritis is PAIN
- Decreased range of motion in joints
- Swelling of joints
- Joint deformity
- Red hue to affected joints

Inflammation is a biological process that your body uses to help protect you.

RISK FACTORS FOR ARTHRITIS INCLUDE:

Previous joint injury

People who have injured a joint, perhaps while playing a sport, are more likely to eventually develop arthritis in that joint.

Age

The risk of many types of arthritis (including osteoarthritis, rheumatoid arthritis and gout) increases with age.

Your sex

Women are more likely than men to develop rheumatoid arthritis, while most of the people who have gout, another type of arthritis, are men.

Family history

Some types of arthritis run in families, so you may be more likely to develop arthritis if your parents or siblings have the disorder. Your genes can make you more susceptible to environmental factors that may trigger arthritis.

Obesity

Carrying excess pounds puts stress on joints, particularly your knees, hips and spine. People with obesity have a higher risk of developing arthritis.

TREATMENT

Treatment of both degenerative and inflammatory arthritis focuses on symptom management and relieving pain to maximize function and quality of life.

Your physical or Occupational Therapist can help you with:

Splinting

A physical or occupational therapist can fit or construct a splint specific to your needs to minimize further joint damage and relieve pain.

Aerobic Exercise & Resistance Training

Aerobic exercise and resistance training in order to improve range of motion of specific joints and strengthen muscles around affected joints to minimize pain. Exercise encourages the circulation of synovial fluid which acts as a lubricant within your joints.

Compensatory Strategies

Compensatory strategies and joint protection with completion of daily tasks.

Other treatment may include:

Medication

Medications to reduce pain (both over the counter and prescription medication recommended by your doctor).

Surgery

Surgical intervention such as joint replacement if recommended by your doctor.

EDUCATION & SUPPORT



(404) 872.7100
www.arthritis.org



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 (507) 284.2511
www.mayoclinic.org/diseases-conditions/arthritis/symptoms-causes/syc-20350772