

TOP TEN

Ways to Manage

OSTEOARTHRITIS

1. To relieve pain and swelling, use of medications such as acetaminophen or medications known as nonsteroidal anti-inflammatories (NSAIDs) can be used as directed by your physician.
2. Reaching and maintaining a healthy body weight by eating a balanced and varied diet is an essential part of a healthy lifestyle and may lessen your symptoms.
3. Consuming adequate calcium and Vitamin D helps the body maintain strong bones.
4. Exercising regularly (20-30 minutes per day) to maintain strength, endurance and flexibility.
5. Rest, as necessary, to give overused joints a chance to “take a break”.
6. Consider learning relaxation therapy techniques to release muscle tension.
7. Use of heat or cold can provide short-term relief from pain and stiffness.
8. Pass, or alternate, your activities to avoid stressing the joint from repeated tasks.
9. Assistive devices, such as a cane or walker, can help reduce the pressure placed on joints and alleviate some pain. Certain braces can provide similar results.
10. Injections such as cortisone to reduce inflammation or viscosupplementation can be administered into the affected joint by your physician. Viscosupplementation injection is a preparation of hyaluronic acid that acts as a lubricant to enable bones to move smoothly over each other and as a shock absorber for joint loads.