

5 facts about osteoarthritis



1



Imaging is not required to diagnose osteoarthritis

A comprehensive examination will assist physios to understand how osteoarthritis affects:

- individual function (including physical activity)
- quality of life
- relationships (personal and professional)
- sleep
- medication use and other medical conditions.



2



Joint structural damage does not fully explain osteoarthritis pain



Pain is a complex experience and not necessarily a 'message' from a damaged joint. Focusing on biopsychosocial factors related to each person's pain and disability provides physios with:

- opportunities for multidisciplinary collaboration
- improved treatment outcomes.

3



Exercise is safe and recommended for osteoarthritis

Exercise therapy can:

- improve cartilage matrix content for those at high risk
- strengthen muscles
- improve joint stability
- increase range of motion
- prevent commonly associated chronic diseases.



5



Surgery should not be the first treatment choice for patients with osteoarthritis

Surgery should only be considered after attempting high-value non-surgical care including:

- exercise therapy
- education
- weight management (if needed).



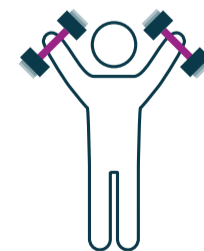
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Osteoarthritis can be prevented by managing modifiable risk factors

Physios are well placed to manage key modifiable risk factors by implementing:

- sports injury prevention programs
- facilitating healthy weight management
- identifying high-risk jobs involving kneeling or lifting (eg, construction workers)
- promoting physical activity and muscle strengthening.



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