

8 FACTS ABOUT OSTEOARTHRITIS

that you should know!

1

Osteoarthritis is not just a disease of the cartilage, it affects the whole joint, including muscles and ligaments.

2

Joint damage or changes on x-ray does not indicate how much osteoarthritis will affect you.

3

Osteoarthritis is not an inevitable part of getting older.

4

Not everyone with knee osteoarthritis will have worsening of their symptoms over time.

5

Exercise can reduce pain and improve your function regardless of the severity of your osteoarthritis

6

If you are over weight, losing just 5 kilograms can help improve your pain and function, and reduce the risk of your symptoms worsening.

7

Living a sedentary lifestyle can worsen your osteoarthritis

8

Most people with osteoarthritis do not need surgery!