

# ALL ABOUT OSTEOARTHRITIS



July 18, 2022

# What would you like to learn about today?



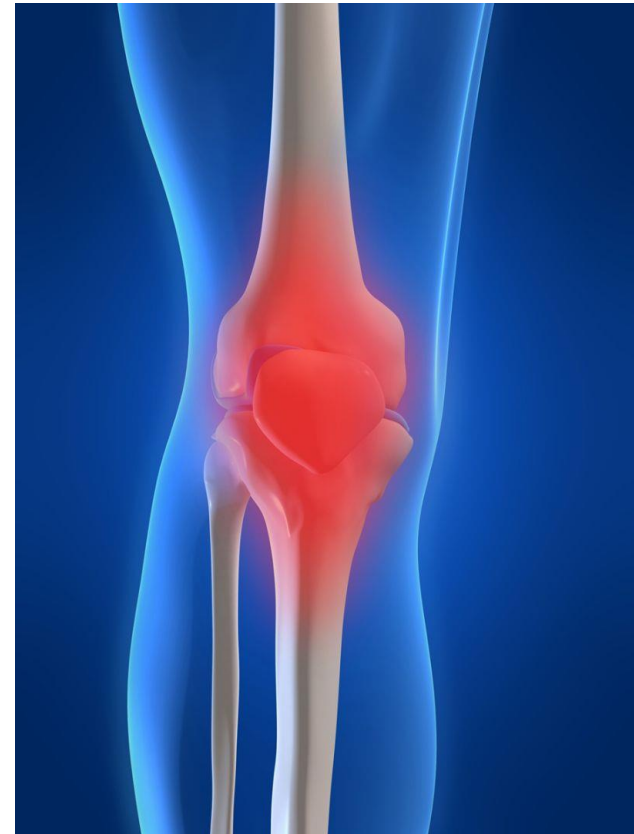
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## Class Outline:

- What is osteoarthritis?
- How to manage osteoarthritis
- What are the best treatment options for you?
- Please ask questions as we go....

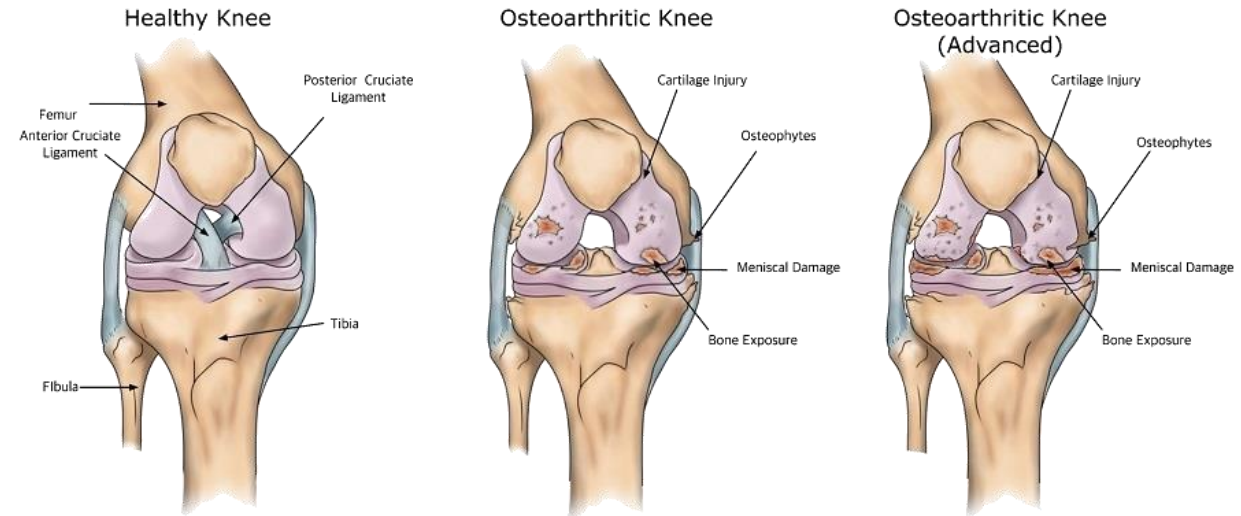
# Osteoarthritis Facts

- Over 4.4 million Canadians have OA.
- Estimated 1 in 4 Canadians will have OA in 2040



# What is osteoarthritis (OA)?

- Most common arthritis
- Stiffness, pain, loss of movement, weakness, “noisy joints”
- Break down of tissues occurs faster than repair; cartilage loss

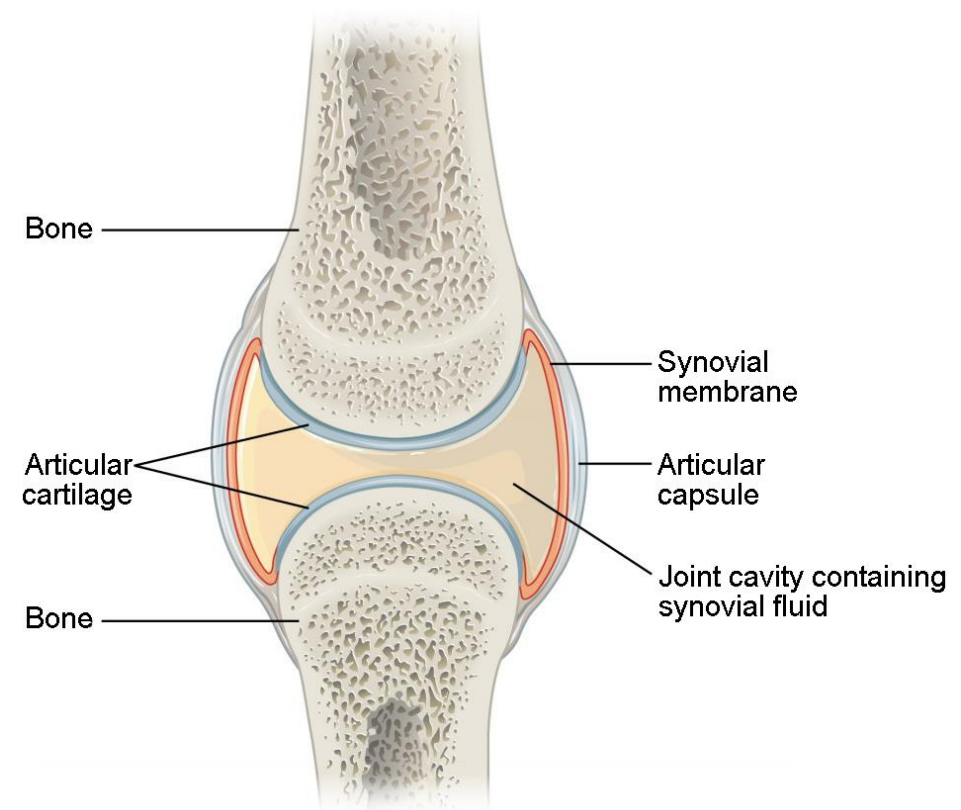


# Joints: Hip, Knee, Shoulder, Hand/Fingers, Back, Feet

- Where 2 bones meet:

- Bone
- Cartilage
- Synovial membrane
- Articular or Joint capsule
- Ligaments
- Joint fluid (synovial fluid)
- Muscles and tendons

- OA can occur in almost any joint



# Risk Factors for developing OA:

- Age
- Sex
- Heredity
- Previous Injury
- Repetitive movements
- Increased forces on our joints related to excess body weight

**STIFF  
JOINTS**

**DON'T  
MOVE**

**PAIN**



**LESS ENERGY**

**LESS ABLE TO DO  
THINGS**



# Questions?



Coming up next:  
Treatment Options

# What are the best treatments for OA?

- A lot of research done in the area of hip and knee OA

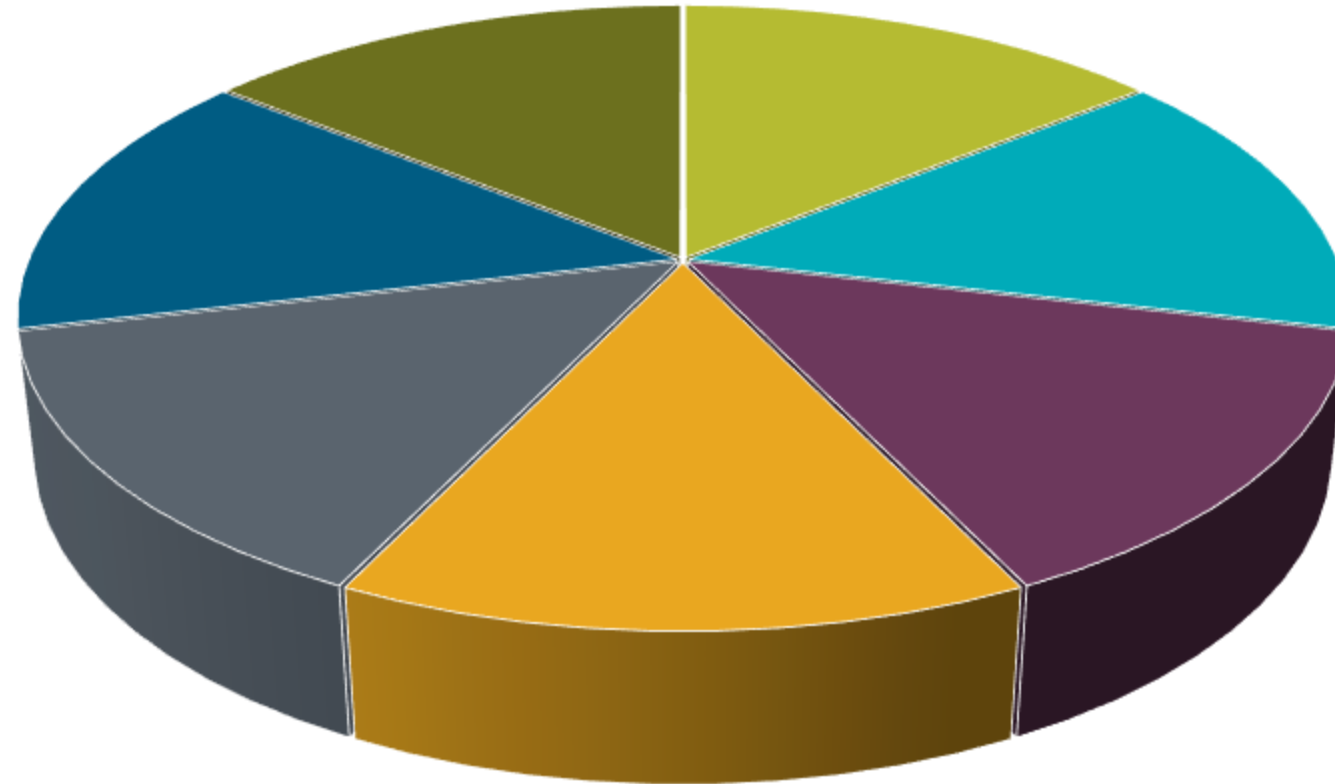
And...

- There are **OPTIONS** for you.
- OA can be managed, not **fixed** or **cured**.

# LIVE YOUR BEST LIFE WITH OSTEOARTHRITIS

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Which Piece of the Pie interests you? Which Piece of the Pie is your #1 priority?



- Exercise
- Weight management
- Education/Self-Management
- Bracing/Walking Aids
- Medication
- Surgery
- Mental Health support

# 1. EDUCATION & SELF-MANAGEMENT

- For some, more knowledge about OA is the start
- Understand what matters to you
- Learning to make a plan & making a decision

**One thing at a time**

**One step at a time**

**Adding up over time**

## 2. EXERCISE

- For all degrees of osteoarthritic changes
- Cardiovascular exercise
- Strength
- Stability
- Balance
- Range of Motion

Swimming Walking  
Squats Cycling

**GLA:D**<sup>TM</sup>  
CANADA

Weights Urban Poling  
Cross Country Skiing

# Education and Self-management with physiotherapy

- Physiotherapists can assess and provide a treatment plan that can include:
  - Education about OA/Self-management strategies
  - Exercises appropriate for your condition
  - Manual therapy to regain range of motion
  - Treatment to improve your mobility and function at home/work/play

## 3. WEIGHT MANAGEMENT

- Are you concerned about carrying excess weight?
- What is a realistic weight loss goal for you?
  - 5-10% loss of current body weight can make a difference for people with joint pain

### A pound matters:

For every extra pound of body weight, there is a 4-6x increase in force through the knee joints.



## 4. BRACING

- Knee braces (over the counter or custom made by orthotist)
- Knee sleeves
- Foot orthotics
- Lateral wedge insoles

Note: for people with extended health benefits, check with your insurance company to determine if a doctor's referral is required for coverage of custom bracing.

You may be covered under Alberta Aids to Daily Living (AADL).



## 5. WALKING AIDS

- Cane and Walkers
  - For people worried about their balance when standing or walking, walking aids are a good idea.
  - Talk to a health care professional about assessing your walking and balance to determine what walking aid is best suited to your needs
  - Handouts available if you're interested in learning more

## 6. HOT and COLD Therapy

- Heat or cold packs can reduce symptoms temporarily
  
- Mineral baths

## 7. MENTAL HEALTH AND WELLNESS

- Stress

- Normal to have some, however can be worse when you have one or more chronic conditions
- Recognize when your stress is increasing
- Reach out for help from your own community and supports
- Seek professional help

## 7. MENTAL HEALTH AND WELLNESS

- Depression

- Everyone feels sadness from time to time
- If you feel sad, unhappy, or miserable most of the time for more than 2 weeks, talk to a health care professional.
  - 911 for crisis
  - 811 for consultation with a Health Link nurse
  - AHS Mental Health: 1-877-303-2642

## 7. MENTAL HEALTH AND WELLNESS

- Anxiety
  - Is the worry about what may happen in the future
  - Counselling alone, or counselling + medication can help
  - Talk to your health care provider if you need help with worrying.

## 8. PACING AND ENERGY CONSERVATION

- Prioritize your day
- Frequent rest breaks
- Connect activity time with your higher energy time
- Change positions frequently
- Energy assistive devices (rolling carts)
- Walk where you know there are benches for a rest

## 9. MEDICATION

- Requires your doctor or pharmacist to consult on what is best for you
- Recommendations include:
  - Topical Creams (example: Diclofenac, Capsaicin)
  - Acetaminophen (example: Tylenol Arthritis formula)
  - Non-steroidal anti-inflammatories (example: Naproxen)
  - Opioids are generally **not** recommended for arthritis pain

## 9. MEDICATION

- Medication should be used with other recommended treatments for optimal pain management. For example, combined with exercise.
- Medication rarely eliminates arthritic pain, but it can help manage the severity of the pain.



# 10. JOINT INJECTIONS

- Intra-articular (into the joint space) injections
- **Cortisone** is supported as an appropriate treatment for short term decreases in pain
- Most commonly injected into knee joints
- Hip joint injections require doctors to see where they're injecting into the joint using some form of imaging (ultrasound or x-ray)

# 11. SURGERY

- Hip or Knee replacement surgery is an elective surgical procedure
- When conservative treatment is no longer effective, and your functional abilities are impacted by your OA, an orthopedic surgeon assesses your joint health, as well as your general health, to determine if you are a surgical candidate

# OSTEOARTHRITIS TOOLKIT

- Report Card
  - Reflecting on your own OA condition
- Treatment Menu of Options
  - Seeing the options for treatment
- Resource Inventory
  - Local community resources for OA care

# Questions?



Thank you!