

# Osteoarthritis: What can I do?

We know that osteoarthritis affects 8.5 million people in the UK. We also know ways that can help manage your symptoms. The BIG things are a healthy lifestyle, managing your weight alongside movement, activity and exercise. See links for more information on these topics.

## Find out about Osteoarthritis



DURATION 3 MINUTES



10-30 MINUTE READ

**General advice about exercise and movement and its benefits in osteoarthritis**



Versus Arthritis is a charity that is committed to improving the quality of life for those living with arthritis. They offer a large range of resources including a helpline.

**Please visit their website [www.versusarthritis.org](http://www.versusarthritis.org)  
Helpline Tel: 0800 5200 520**

Use the table below to decide what is your main priority. If you need further help deciding what meets your needs, please discuss with a healthcare professional and use the flowchart embedded within "local services in your area"

### I can do this for myself

There are lots of resources to choose from to help you find a healthy way forward. Here are just some examples.

#### MOVEMENT, ACTIVITY AND EXERCISE

General advice

Local help in your area

Exercising at home

#### HELP TO MANAGE YOUR WEIGHT

12 week programme

Local services in your area

### I need help and support

You might be unsure where to start or need help with motivation. These resources are here to help.

#### MOVEMENT, ACTIVITY AND EXERCISE

Local services in your area

You may need a referral for some of these services, if so please contact.....

#### HELP TO MANAGE YOUR WEIGHT

Local services in your area

You may need a referral for some of these services, if so please contact.....

### Specialist Services

These services are for those struggling to cope and/ or need more specialist advice/ intervention.

#### PHYSIOTHERAPY SERVICES

Are best placed for those with complex problems that require more supervision to exercise or to manage their symptoms. You can discuss this option with a healthcare professional or self-refer.

Physiotherapy services

#### ORTHOPAEDICS

If your osteoarthritis pain and function is severely affecting your life, you might want to consider a joint replacement. If you feel this is the case please discuss with a health professional to see if referral is appropriate.

Find out more about surgery