

# Osteoarthritis Condition Information

## Body Part

Whole body

## Condition:

Osteoarthritis (OA)

## Summary

Osteoarthritis is a degenerative condition caused by bone related joint inflammation. It is more common in older adults and affects males more than females before the age of 55. It also has a higher prevalence in developed countries. In Australia close to 1 in 5 adults has osteoarthritis.

Osteoarthritis is caused by the degeneration of articular cartilage in the joints. Common joints affected by osteoarthritis include the knees, hips, hands, feet and spine. There are some common risk factors that predispose people to arthritis, including:






- genetic predisposition
- long term stress from repetitive activities
- obesity
- acquired or congenital skeletal deformities

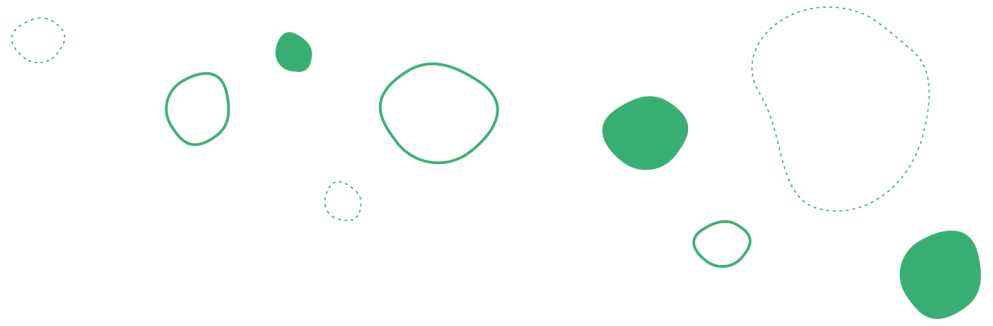


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podiatry   
physiotherapy   
exercise Physiology   
occupational therapy   
clinical reformer therapy 



## Symptoms:

Some common symptoms of osteoarthritis include:

- stiffness
- swelling
- pain with activity
- pain with increased load
- muscle wasting
- limited range of motion
- changes in walking patterns
- inability to complete everyday tasks without pain

## Treatment:

Treatment of osteoarthritis is centred around reducing pain, slowing or halting degeneration, modifying risk factors and maintaining functional capacity to retain independence.

Common treatments include:

- medication
- exercise
- surgery (commonly joint replacements)

Exercise can help to increase strength and fitness, prepare for surgery, build motor control and improve quality of life.






## Prognosis:

Osteoarthritis is a chronic condition, however, it can be well managed with help from your doctor, exercise physiologist or physiotherapist.



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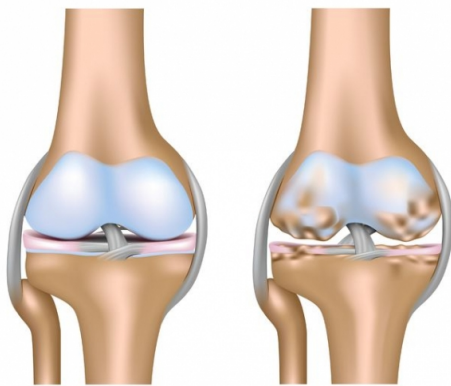


## Further information:

For further information, please contact our friendly team at Gen Health.

Picture Link:

[https://www.practicalpainmanagement.com/sites/default/files/imagecache/lightbox-large/images/2015/03/27/12176798\\_m.jpg](https://www.practicalpainmanagement.com/sites/default/files/imagecache/lightbox-large/images/2015/03/27/12176798_m.jpg)



Healthy knee joint





Osteoarthritis



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