

OSTEOARTHRITIS

WHAT IS OSTEOARTHRITIS?

Osteoarthritis occurs when the protective cartilage that cushions the joint wears down over time



COMMON SIGNS AND SYMPTOMS

- Pain and stiffness of the joint (i.e. hand, hip, knee)
- Joint crepitus (i.e. creaking sound)
- Joint inflammation or swelling
- Tender and warm joints
- Reduced range of motion in joint
- Sleep disruption leading to daytime fatigue
- Depression and/or anxiety

HOW SYMPTOMS AFFECT SOMEONE AT WORK

Physical

- Decreased activity tolerance
- Slower pace at work (i.e. may take longer with walking)
- May require more frequent breaks due to joint pain/stiffness

Cognitive

- Difficulty with work tasks that include:
 - Memory
 - Attention/concentration
 - Following instructions
 - Planning

Emotional

- Mood changes including feelings of sadness, anxiety, and/or irritability, which may affect relationships at work

OSTEOARTHRITIS MANAGEMENT

- Contact your health care provider for assessment and management of your symptoms
- If your symptoms are affecting you at work, please reach out to the [Employee Well-being Consultant for your department](#) for support
- For more information, please refer to:
 - [Arthritis Society](#) - Osteoarthritis
 - [Health Quality Ontario](#) - Osteoarthritis