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