# OSTEOARTHRITIS

# WHAT IS OSTEOARTHRITIS?

Osteoarthritis occurs when the protective cartilage that cushions the join 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 <u>Employee Well-being</u> <u>Consultant for your department</u> for support
  - For more information, please refer to:
    - <u>Arthritis Society</u> Osteoarthritis
    - Health Quality Ontario Osteoarthritis

Disclaimer: This handout is provided as educational information and does not substitute for the consultation, diagnosis, or treatment from qualified healthcare providers. External resources have been carefully selected but are not produced by Western University. References available upon request. Illustrations by vectorjuice on Freepik

