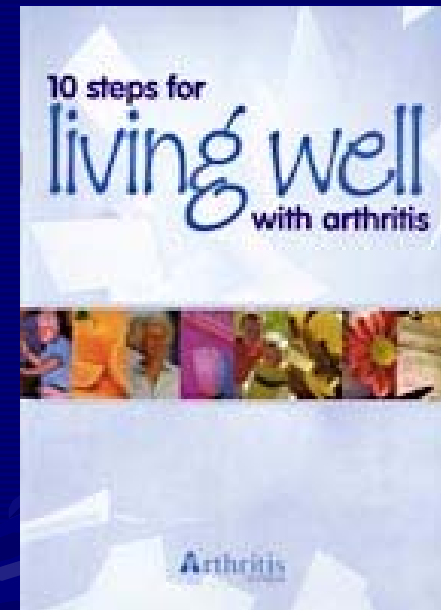


# Arthritis



*Arthritis ACT*

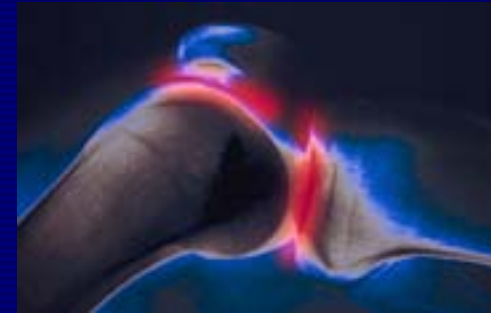


# Arthritis

- Introduction:
  - What is arthritis?
- Osteoarthritis:
  - Features
  - Symptoms
- Rheumatoid Arthritis:
  - Features
  - Symptoms
- Managing Arthritis:
  - Therapies
  - Exercise
  - Healthy eating
  - Medications
  - Complimentary medicines/therapies
  - Pain & stress management
  - Surgery

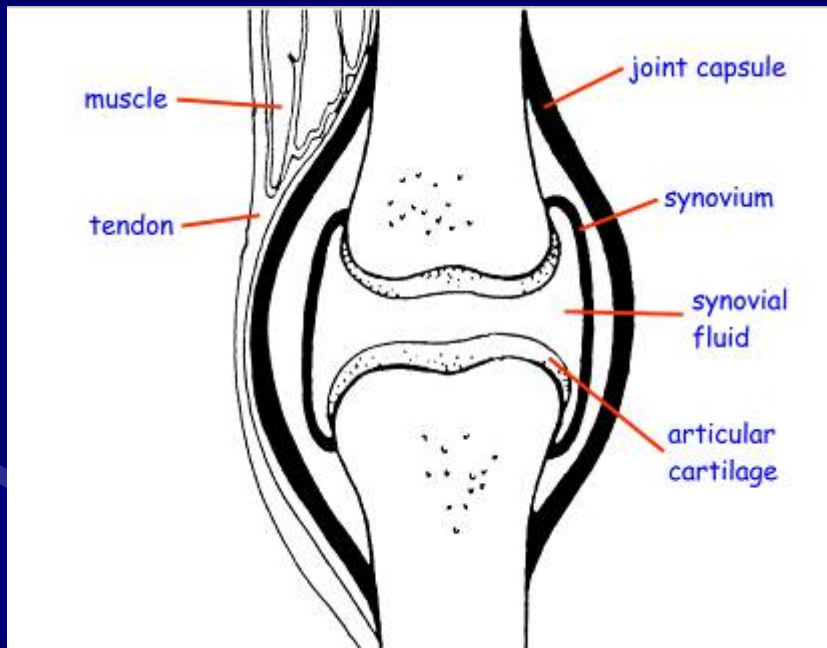
# What is Arthritis?

- Inflammation of the joint
- Most common forms:
  - *Osteoarthritis*
  - *Rheumatoid Arthritis*

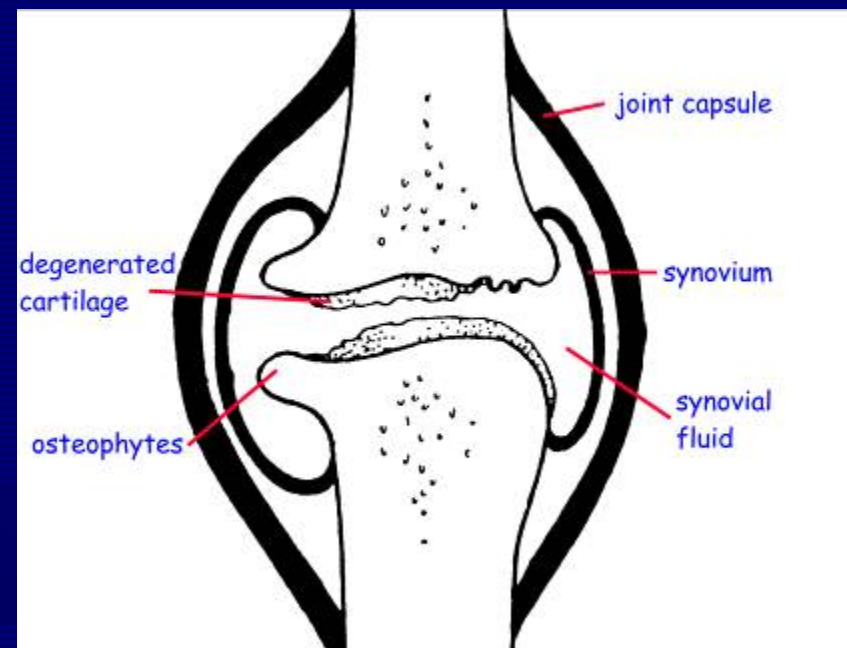


# Osteoarthritis (OA)

- Normal joint structure



- Osteoarthritis joint

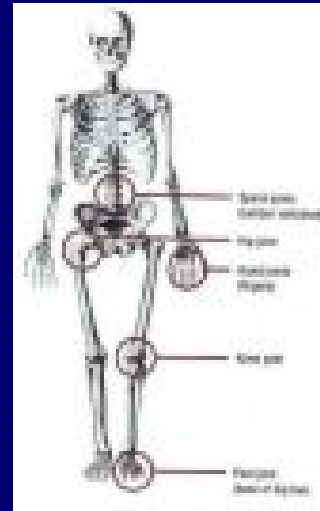


# Features of Osteoarthritis

- Bony knobs and spurs
- Weight-bearing joints

- Symptoms

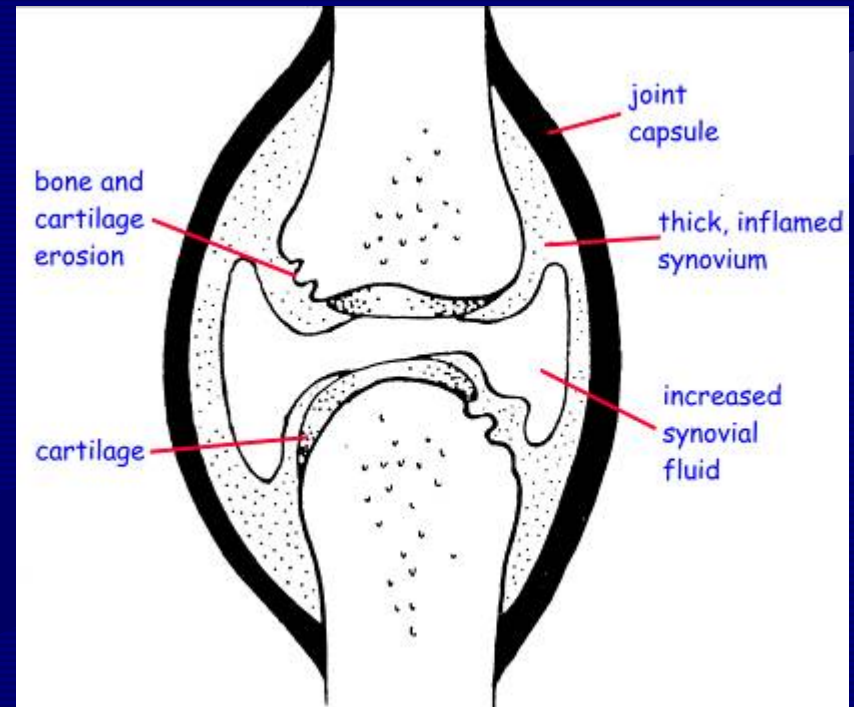
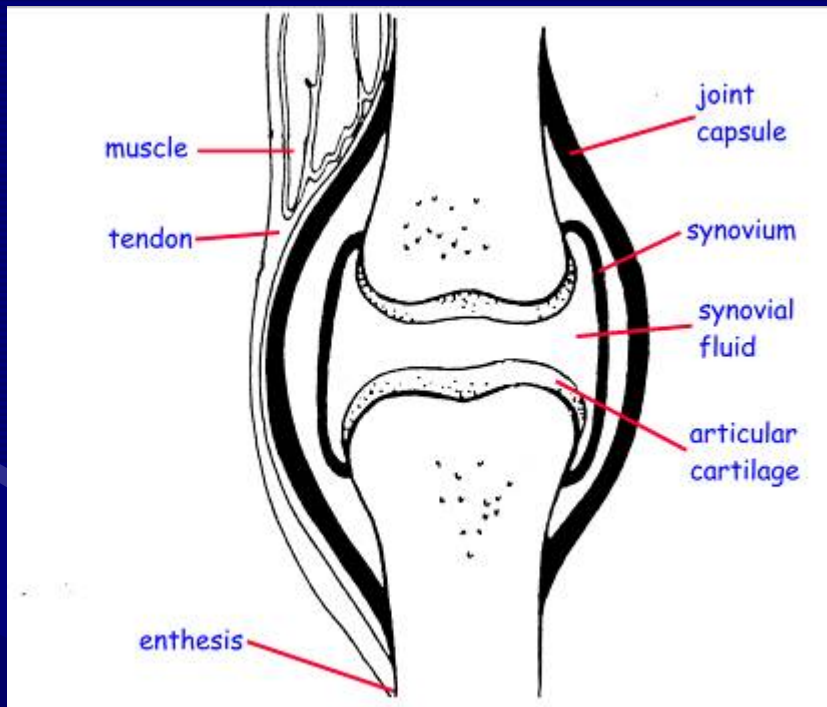
- ✓ Tenderness
- ✓ Pain
- ✓ Stiffness
- ✓ Swelling



- ✓ Weakness
- ✓ Grinding
- ✓ Decreased mobility

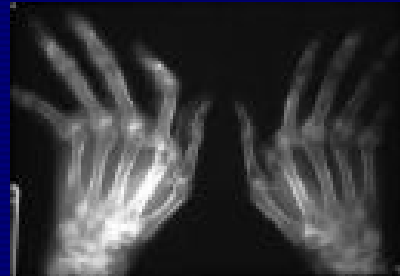
# Rheumatoid Arthritis (RA)

- Normal joint structure
- RA affected joint



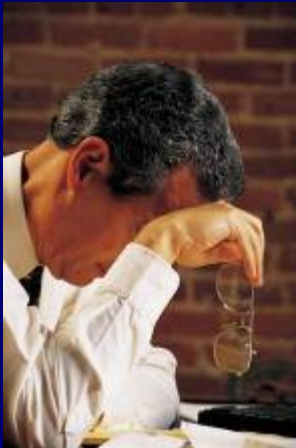
# Features of Rheumatoid Arthritis

- *'Symmetrical'*
- Wrists and knuckles
- Knees and feet
- Rheumatoid nodules



# Symptoms of Rheumatoid Arthritis

- Muscle aches and stiffness (morning)



- Fatigue
- Low-grade fever

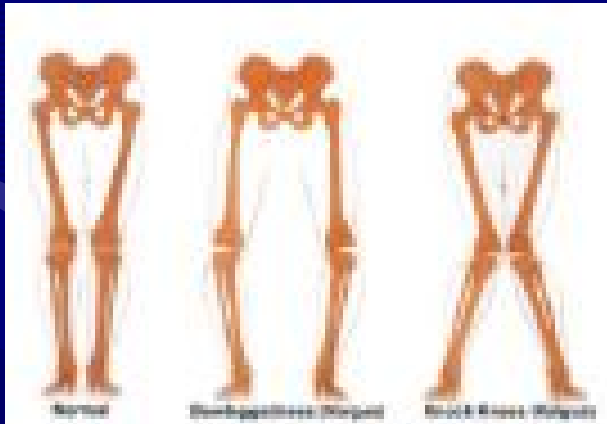


- Fluid accumulation (ankles)
- Pain
- Sjogren's Syndrome



# Risk Factors

- Genetic
- Age (↑ with age)
- Sex (> female)



- Obesity
- Misalignment
- Joint trauma and injury
- Repetitive occupational joint use
- Physical inactivity

# Management Strategies

Physiotherapy



Occupational Therapy



Podiatry



Tactile Therapy



# Physical Activity



- Decrease pain and stiffness
- Improve flexibility
- Improve posture and balance
- Control weight and reduce load on joints
- Improve sleep, reducing fatigue

# Low Impact Exercise for Arthritis

- Walking



- Hydrotherapy



- Dancing



- Chair based exercises



- Yoga & Tai Chi

# Healthy Eating

- Variety of foods
- Regular meals
- Balanced breakfast



- Same amount at each meal
- 6-8 glasses of water daily

# Pharmaceutical Medicines

- Pain relieving
- Anti-inflammatory
- Corticosteroids
- DMARDs/Immunosuppressants
- Biologic response modifiers

# Complementary Medicines and Therapies

- Dietary supplements / Vitamins and minerals



- Plant / herbal medicines



- Aromatherapy



- Magnetic therapy



# Pain Management

- Hot and cold treatments
- Massage
- Transcutaneous Electrical Nerve Stimulation (TENS)
- Acupuncture
- Relaxation techniques
- Distraction techniques
- Talking

# Surgery

- Joint replacement
- Synovectomy
- Resections or osteotomy
- Fusions or arthrodesis



# Arthritis ACT

- Library
- Seminars and workshops
- Newsletter
- Self-management courses
- Exercise programs
- Support and interest groups
- Education & training
- Community talks
- Research grants
- Lobby government

Questions?

