

OSTEOARTHRITIS

Osteoarthritis, sometimes called degenerative joint disease or osteoarthrosis, is the most common form of arthritis. Osteoarthritis occurs when cartilage in your joints wears down over time.

While osteoarthritis can affect any joint in your body, the disorder most commonly affects joints in your:

- Hands
- Hips
- Knees
- Neck
- Lower back

Osteoarthritis gradually worsens with time, and no cure exists. But osteoarthritis treatments can relieve pain and help you remain active. Taking steps to actively manage your osteoarthritis may help you gain control over your symptoms.

Symptoms

Osteoarthritis symptoms often develop slowly and worsen over time. Signs and symptoms of osteoarthritis include:

Pain. Your joint may hurt during or after movement.

Tenderness. Your joint may feel tender when you apply light pressure to it.

Stiffness. Joint stiffness may be most noticeable when you wake up in the morning or after a period of inactivity.

Loss of flexibility. You may not be able to move your joint through its full range of motion.

Grating sensation. You may hear or feel a grating sensation when you use the joint.

Bone spurs. These extra bits of bone, which feel like hard lumps, may form around the affected joint.

Would you like to make changes to IMPROVE your health?

Contact a FirstLine Therapy Representative at Comprehensive Center for Women's Medicine. Take the first step to improving your health and your quality of life.

Comprehensive Center for Women's Medicine

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