

# COPING WITH JOINT PAIN

Chronic arthritis pain, characterized by pain, pressure, stiffness, and/or swelling in the joints, is a condition suffered by approximately 50 million Americans.

## DEFINITION OF CHRONIC PAIN:

Technically, pain is considered chronic when it lasts three to six months or longer, but arthritis pain can last a lifetime.

GOOD SELF-CARE CAN PROVE JUST AS CRITICAL WHEN IT COMES TO SUCCESSFULLY TREATING AND MANAGING JOINT PAIN.

PRESSURE

SWELLING

STIFFNESS

PAIN

IF YOU HAVE ARTHRITIS, FOLLOWING YOUR DOCTOR'S RECOMMENDATIONS IS ESSENTIAL.



**LOSE WEIGHT** - excess weight puts stress on your hip, knees, and ankles



**TREATMENTS** - hot/cold — REDUCE swelling (cold) and RELAX muscles (hot)



**MEDICATIONS/NONSTEROIDAL ANTI-INFLAMMATORY DRUGS** - decreases inflammation (ask your doctor before taking)

**23 million people with arthritis** are limited in their ability to do daily activities, such as lifting, reaching, standing, bending, walking and climbing stairs.



**GET MOVING** - reduces pain, fatigue, and stiffness



**INJECTIONS** - relief of pain and inflammation



**JOINT REPLACEMENT** - restores function and restores mobility. Ask your doctor if you are a candidate

SEE YOUR DOCTOR FOR EVALUATION AND DIAGNOSIS

For more information on joint pain, visit [premierhealth.com/ortho](http://premierhealth.com/ortho)

SOURCES: Arthritis Foundation