

Arthritis

Arthritis means joint pain, stiffness or swelling. There are many types; the right treatment protects your joints and keeps you moving.

Everyday basics

- Keep moving — gentle, regular activity eases stiffness and protects joints.
- Take medicines as prescribed and tell your team if pain isn't controlled.
- Balance activity with rest; use heat or cold as it helps.
- Ask about physical or occupational therapy.

Good questions to ask your care team

- What type of arthritis do I have?
- Which activities help, and which should I avoid?
- What are my medicine options and their side effects?
- Would physical therapy help me?

When to get help right away

See your team promptly for a hot, red, very swollen joint or joint pain with fever.



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Source: MedlinePlus, U.S. National Library of Medicine (NIH) — <https://medlineplus.gov/arthritis.html>

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