

Living Well Tip of the Week

Osteoarthritis is one of the most frequent causes of physical disability among adults.

Osteoarthritis most often affects the fingers, hips, knees, or spine.

Symptoms Include:

- Pain in hands, hips, knees or even the spine.
The pain is worse at the end of the day or after periods of activity
- Stiffness (lasting less than 1 hour) after long periods of inactivity
- Limited motion of the joint
- Tenderness & occasional swelling
- Deformity of the joints
- Cracking or “creaking” of the joint, accompanied by pain.



Check out the **Arthritis Condition Center** for assessments, the latest research and ways to manage your arthritis.

Go <https://www.webmdhealth.com/ut/default.aspx?startid=3> for more information.