

Getting help

People with OA sometimes feel they must deal with it quietly, all on their own. It is a good idea to seek help to manage your OA and reduce its impact on your life. In fact, the best results come when a programme is designed to support your needs.

"I feel more optimistic knowing that there is a whole group of people out there who have a whole lot of expertise in osteoarthritis... and that if I ask for help and advice, it's available."

MARY, 71 YEARS OLD, KNEE PAIN FOR 15 YEARS

This page may help you to think about what you would like to focus on and who could help:

I would like support to:

- take part in activities I enjoy
 - start new activities
 - increase joint movement
 - increase my strength
 - improve my food choices
 - other
- PHYSIO
- DIETITIAN

I would like to discuss:

- my general health
 - medicines that can help
 - things I can do at home
 - managing my daily activities
 - an exercise programme or other ways to increase activity
 - my footwear or insoles
 - my weight
- GP OR NURSE
- PHYSIO
- PODIATRIST
- GP, NURSE, DIETITIAN