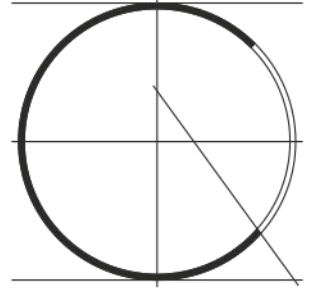


Managing Osteoarthritis in older adults



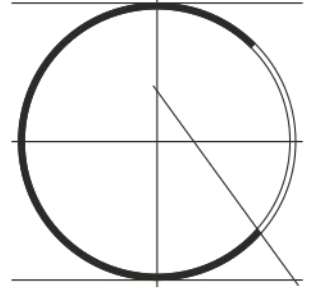
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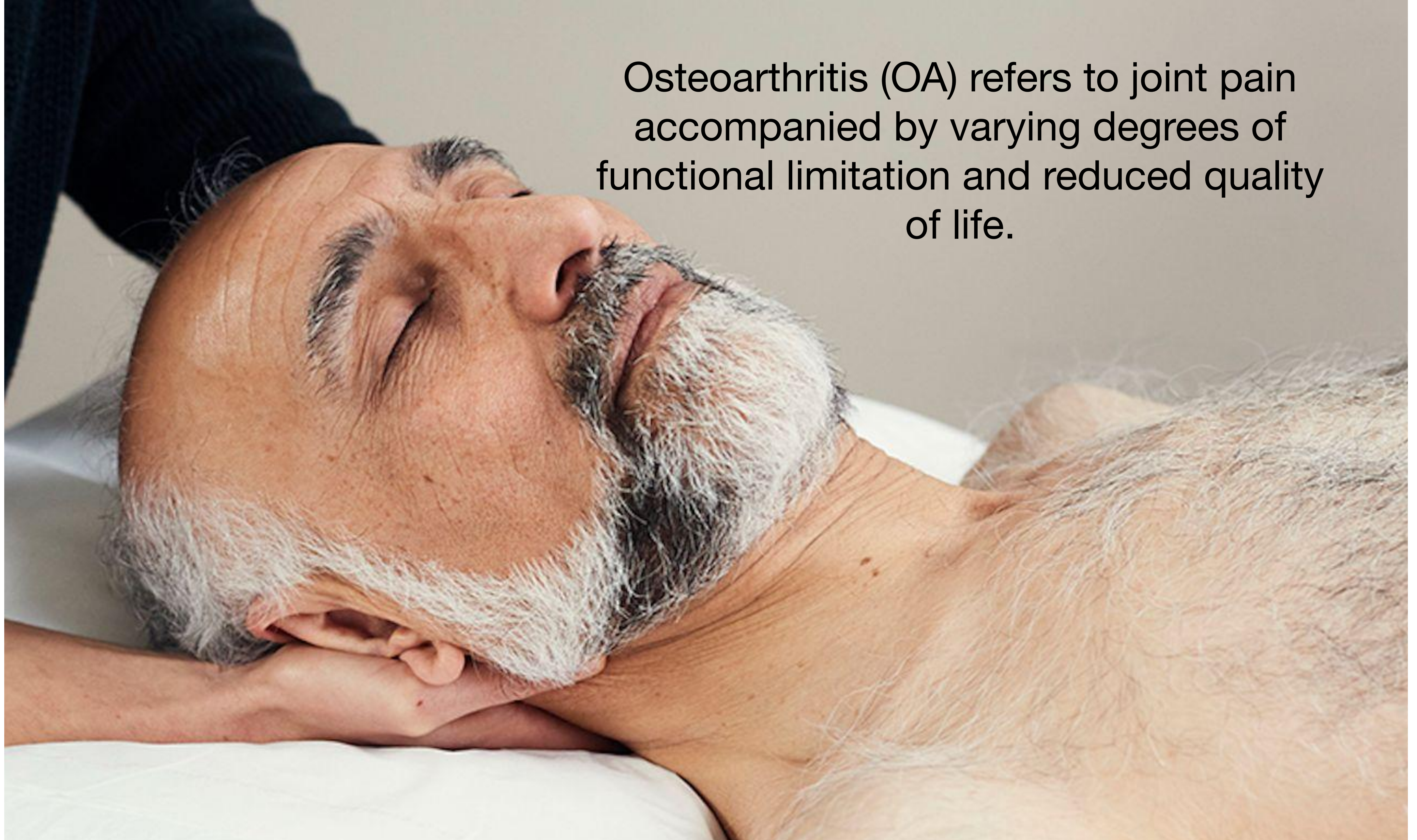
In this session we are going to be looking at the different approaches to managing osteoarthritis and how they can improve your quality of life.

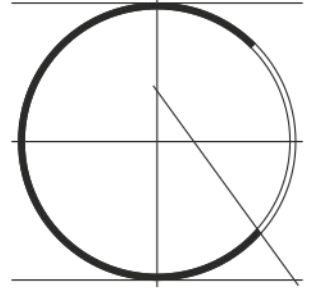


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Managing Osteoarthritis in older adults

Osteoarthritis (OA) refers to joint pain accompanied by varying degrees of functional limitation and reduced quality of life.





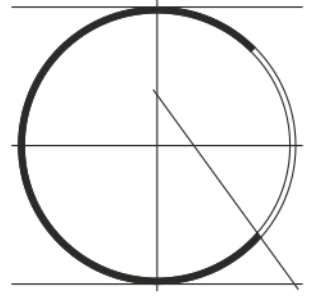
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What is osteoarthritis?

Osteoarthritis is a normal and healthy repair process that takes place in all joint tissues and involves localised loss of cartilage and remodelling of adjacent bone resulting in a structurally altered but symptom-free joint.

Why is it painful for some people and not for others?

In some people, **because of overwhelming physical load or compromised repair potential**, this process will manifest with heightened inflammation and pain. This explains the extreme variability in clinical presentation and outcome that can be observed between people and also at different joints in the same person.



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Within the NHS there has been a real shift of how we think about osteoarthritis. There are a few myths around OA that it is helpful to debunk:

Contrary to popular belief:

- You can have osteoarthritis and be pain free.
- Osteoarthritis is not only caused by ageing.
 - It does not necessarily deteriorate.
- Generally exercise will improve your symptoms not make them worse.



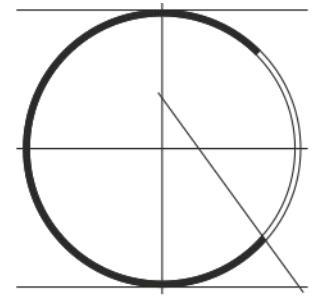
What can we do?

The Nice guidelines recommend the following Core approaches to managing OA.

1. Strengthening exercises and movement
2. Education
3. Weight loss (if appropriate)

Within the NHS it is common practice to combine these Core approaches with paracetamol and/or anti-inflammatory drugs (NSAIDs).

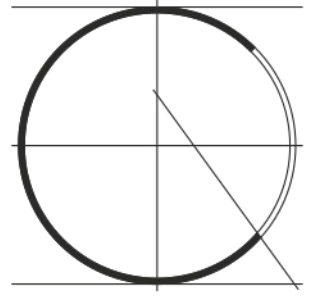
How do each of these approaches improve your repair potential in response to physical trauma?



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These core approaches are the first considerations when it comes to treating osteoarthritis but they are not exclusive.

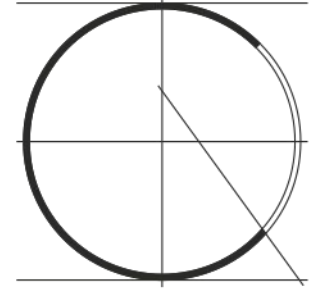
The NHS recommends manual therapy, such as osteopathy, as an effective and drug free way of relieving joint pain and improving range of movement through a combination of hands on techniques using gentle stretches, articulations and exercise.



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Osteopathy encompasses a holistic view of osteoarthritis considering how the following elements impact your repair response:

- The impact on your social and work life
- Your concerns and understanding of OA
- Any stressors and your mental well being
- Quality of sleep
- your support network
- Evidence of chronic or widespread pain
- Comorbidities and pain management skills



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Questions?