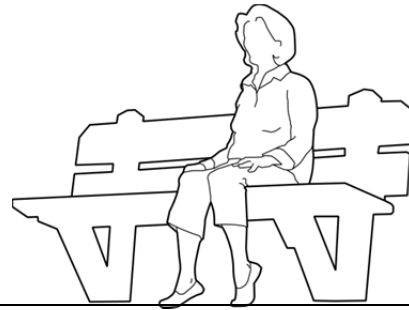


Osteoarthritis - Protecting the Joints in Your Legs and Feet

Protecting your joints is important to:

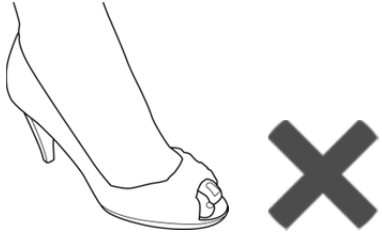
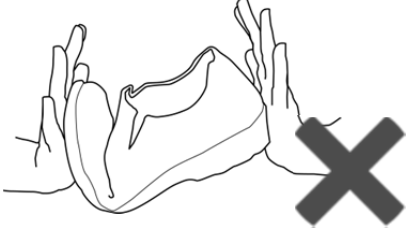
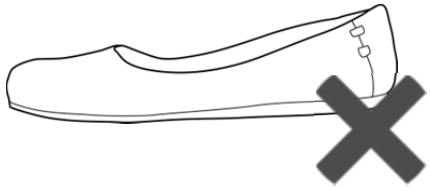
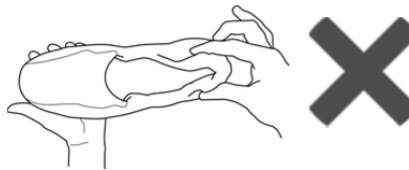
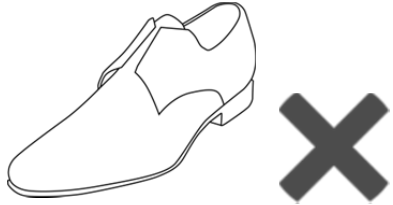

- Reduce joint stress and pain
- Make your daily activities easier to do
- Prevent damage to your joints



How to Protect your Joints:

Activity:	Try:
Walking	<ul style="list-style-type: none"> → Use a walking aid to reduce the stress on your joints, e.g. cane, walker, crutches, or walking poles → Wear shock absorbing shoes. Try gel or silicone insoles. → If your balance isn't a problem, walk on grass or other soft surfaces
Grocery shopping, work, running errands	<ul style="list-style-type: none"> → Use a cart instead of a basket, inside the store → Use a wheeled shopping cart to get items home → Use a wheeled backpack or laptop case → Remove items that you don't use daily from your bag or purse
Standing up from a seated position	<ul style="list-style-type: none"> → Use higher chairs or a firm cushion to raise the height of chairs, sofas, and car seats → Use a chair with armrests so that you can use your arms to push up from the chair → To stand, shift to the edge of the seat, place your sore leg straight out in front of the other and push up with your arms
Using the toilet	<ul style="list-style-type: none"> → Use a raised toilet seat with armrests or install a grab bar next to the toilet
Climbing stairs	<ul style="list-style-type: none"> → Avoid climbing stairs when possible → If you have to take the stairs, use the handrail and/or a cane and take one step at a time → Go up the stairs leading with your "good" leg and go down the stairs leading with your "bad" leg
Getting out of bed	<ul style="list-style-type: none"> → Raise your bed by putting bed blocks under the legs → Do gentle movement exercises before you get out of bed
Cleaning	<ul style="list-style-type: none"> → Use long-handled tools.

Choosing comfort shoes

GOOD: ✓	BAD: ✗
<p>→ Space for your foot - your toes should not be squeezed or touch the end of the shoe as you walk</p>	
<p>→ Stiff sole</p>	
<p>→ Rocker sole → If your balance is poor, talk to your health care team for advice</p>	
<p>→ Firm heel cup that keeps your heel in place</p>	
<p>→ Soft, comfortable material on the top of the shoe</p>	
<p>→ Low heel height of 3/4" – 1"</p>	
<p>→ Soft, comfortable insole. If you wear orthotics, look for shoes that come with a removable insole. An extra gel or foam insole can help to absorb shock in regular dress shoes.</p>	