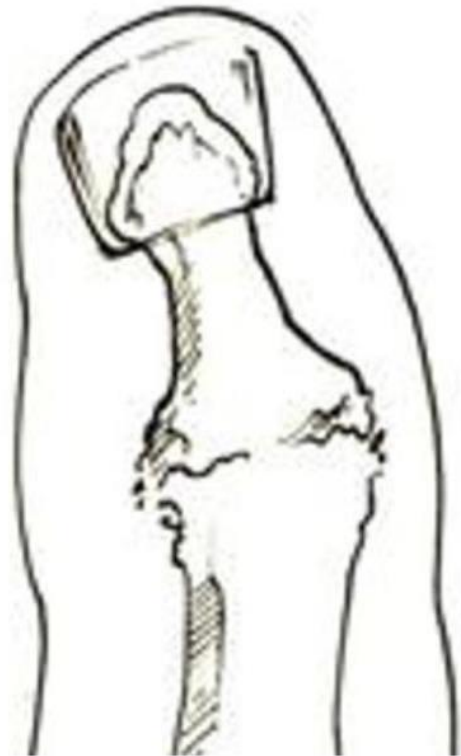


Spotlight On: Terminal Joint Osteoarthritis

What is it?

Osteoarthritis (OA) is the loss of the smooth cartilage surface covering a joint. The bony surfaces also start to thicken and can grow outwards (spurs). In severe cases the cartilage can become so thin that it causes the bones to grind against each other.



Signs/symptoms

- Pain, redness and swelling
- Joint stiffness, particularly in the mornings
- Small bony bumps can form on the outside of the joints

How can Hand Therapy help?

- Joint protection strategies to help minimise the load you place on a painful joint
- Assistive devices including splints for pain relief
- Exercises to help improve movement and strength
- Swelling management
- Advice on further management options