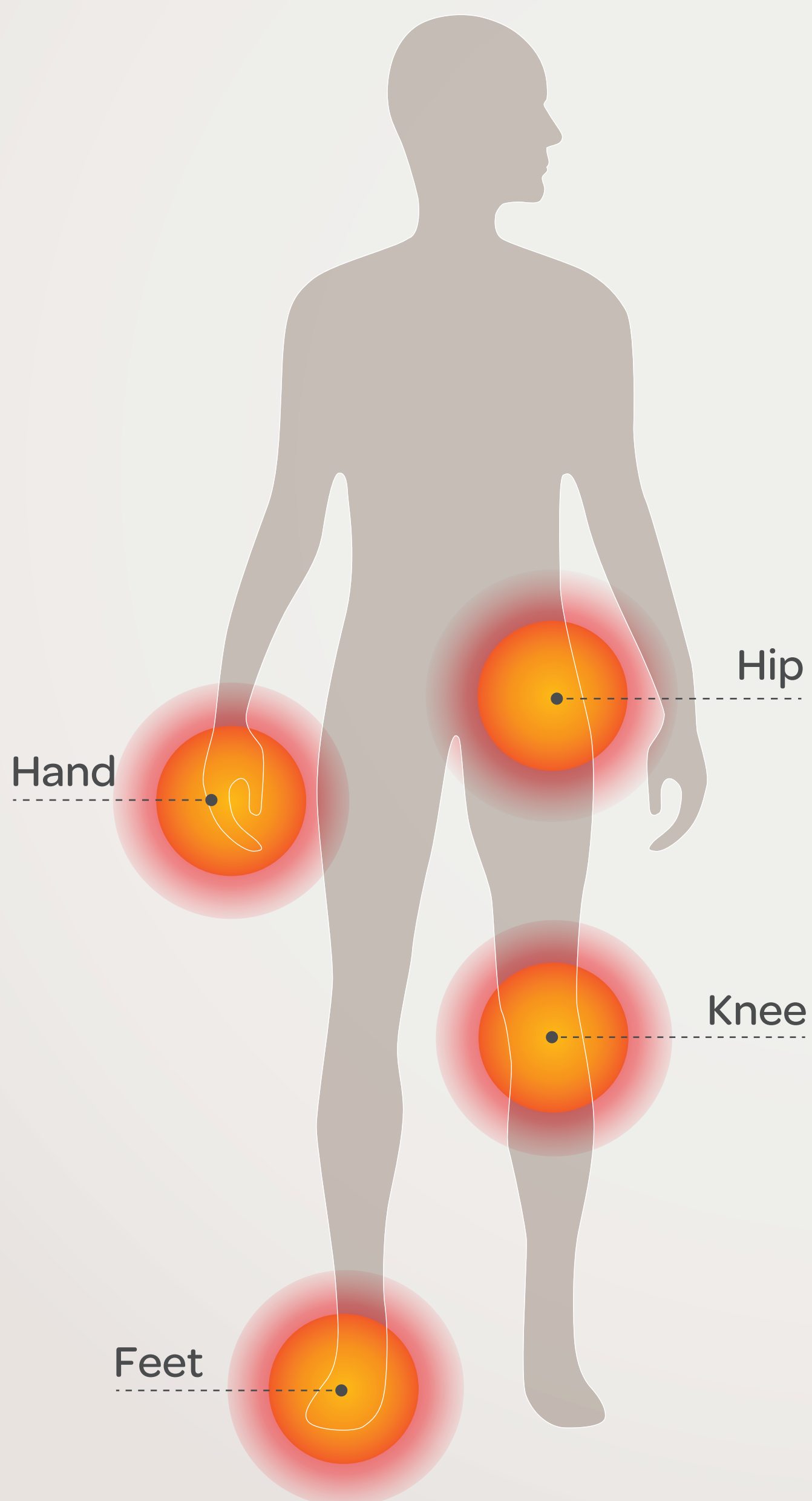


# Have you had a sudden increase in your osteoarthritis symptoms?

Many people with osteoarthritis will experience temporary flare ups.

Following these steps may help manage your symptoms.

Common joints with osteoarthritis:



Keep calm as symptoms will usually settle



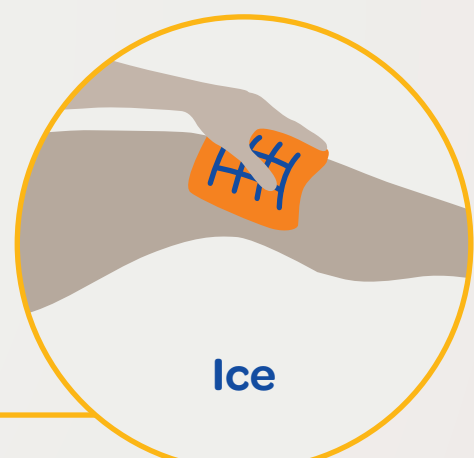
Undertake gentle movements with frequent rest periods



Break up your activities throughout the day (pace)



Ice the joint intermittently for a few days



Consider a walking aid or brace for a few days



Take pain relieving medication for a short time and only if needed



If symptoms do not resolve after a week see your GP or other health care professional

