

# HIP or KNEE OSTEOARTHRITIS? Here is what you can do!



## EDUCATION

It is important to learn more about your osteoarthritis and take an active part in your treatment.

Websites, videos and handouts provide information about your osteoarthritis and give strategies to protect your joints, stay active and manage pain and other symptoms.

### Join a class, either online or in-person:

- [OASIS](#) provides free classes for managing your osteoarthritis or call 604-875-4544

### Learn about arthritis and find local programs/resources:

- [OASIS](#) (oasis.vch.ca) or call 604-875-4544
- [Arthritis Society](#) 1-800-321-1433
- [Arthritis BC+Me](#) (arthritisbcandme.info)



## PHYSICAL ACTIVITY/EXERCISE

Physical activity can help improve pain, mood, and your ability to do everyday activities. It can also help you manage your weight.

**Move your body.** Some examples of joint-friendly activities include walking, biking, and swimming.

Arthritis-friendly exercise programs may include strength, low impact aerobic, and flexibility exercises. These programs are often described as “gentle”, “modified” or “adapted” and are suitable for people of all ages.

### Join an arthritis-friendly program:

- [ABC Program](#), Vancouver Parks or call 3-1-1
- Local community centre programs
- [GLA:D Canada](#) (gladcanada.ca) - evidence-based education and exercise program

### Get support in becoming more active:

- [Choose to Move Program](#) (choosetomove.ca), for age 65+ or call 604-875-4111 ext 21787
- Contact a qualified exercise professional at [HealthLinkBC](#) or by dialing 8-1-1
- Connect with a [physiotherapist](#) (bcphysio.org)

### Learn about exercises for arthritis and find resources:

- [OASIS exercise](#) or call 604-875-4544
- [Healthlink BC Physical Activity and OA](#) or call 8-1-1



## PAIN MANAGEMENT

Pain is common with osteoarthritis. Controlling your pain will help you to stay as active as possible and will improve your sleep, energy levels and mood.

You may be able to reduce pain by using: heat and cold therapies such as warm baths and ice packs, mind body activities like yoga or meditation and over the counter medication and/or topical medication.

### Try a pain management program:

- [Live Plan Be](#) (liveplanbe.ca)

### Learn about pain management and find local programs/resources:

- [OASIS pain management](#) or call 604-875-4544
- [Pain BC](#) (painbc.ca) Support Line: 1-844-880-7246
- [Change Pain](#) (changepain.ca)



## HEALTHY EATING AND WEIGHT LOSS

Extra weight can increase joint pain. Extra body fat can promote low levels of swelling and lead to other health problems.

Weight management may reduce your pain and increase your ability to move and stretch. Every 1 pound of weight loss decreases forces on your knees by 3-4 pounds.

**Learn about nutrition and weight management and find resources:**

- [OASIS nutrition and weight management](#)  
or call 604-875-4544
- [Canada's Food Guide](#) ([food-guide.canada.ca/en](http://food-guide.canada.ca/en))
- [Unlockfood \(Dietitians of Canada\)](#)

**Get support.** Dial 8-1-1 to connect with a Registered Dietitian at HealthLink BC



## SELF-CARE AND SOCIAL SUPPORT

Chronic pain can make you feel frustrated, isolated and lonely.

Chronic disease self-management programs can help you to feel like you are in control of your health, and improve your problem solving, communication and coping skills.

Learn from others who have arthritis and build connections with a support network of friends and family.

**Take a chronic disease self-management workshop:** Chinese, Punjabi and Indigenous programs also available.

- [Chronic Disease Self-Management](#)  
or call 1-866-902-3767

**Connect with a health coach:**

- [Health Coach Program](#) or call 1-866-902-3767

**Find Support in your community:**

- [The Arthritis Society Support](#) ([arthritis.ca/support-education](http://arthritis.ca/support-education)) or call: 1-800-321-1433
- Look into Employee and Family Assistance Program through your work.



## SEEK OTHER HEALTH SERVICES

Most people can manage their arthritis without injections or surgery.

If you have tried all of the above options and continue to have trouble with day-to-day activities, you may need further assessment.

**Seek care from a family doctor or nurse practitioner (NP)** for assessment and advice on joint pain.

For more information on how to find one call 8-1-1 [Talk to your doctor or NP about joint pain](#) ([bit.ly/OAjointpain](http://bit.ly/OAjointpain))

You may need a referral for:

- Pain management
- Strength, balance and walking training
- Equipment, bracing and home assessments
- Joint injections
- Surgical assessment



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