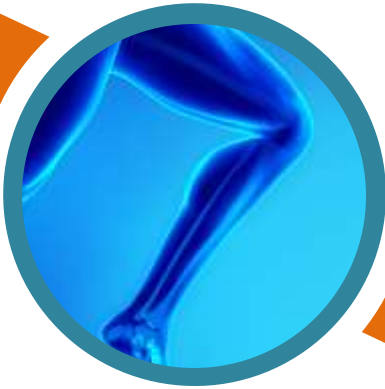




JOINT INJURY

RISK FACTORS

- » Age
- » Family history
- » Gender - Women are more likely to develop arthritic conditions than men.
- » Injuries
- » Medical history
- » Obesity
- » Improper ergonomics (lifting/moving)



SIGNS/SYMPTOMS

- » Hard lumps may form around the affected joint (bone spurs)
- » Stiffness in a joint (especially in the morning or after inactivity)
- » Pain in a joint after a period of inactivity
- » Tenderness when you apply light pressure
- » Muscle weakness
- » Grating sensation when you use the joint
- » Pain in the upper or lower extremities
- » Pain in a joint during use
- » Pain in a joint after use
- » Swelling around a joint
- » Loss of flexibility



PREVENTION

- » Be physically active
- » Have a healthy diet (anti-inflammatory foods)
- » When sitting, have a proper posture, and get up to stretch at least once every hour
- » Use a brace to protect a previously injured ligament/muscle/joint
- » Stretch to increase flexibility

