



Minimizing OA Risks

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Minimizing Daily Risks With Osteoarthritis

We all lead busy lives – busier than ever. From family matters to working long hours, household chores to social activities, special events to travelling, it's easy to be overwhelmed by various activities associated with our modern life. A condition like osteoarthritis can have a significant impact on your day-to-day activities, unless you carefully plan each day. Below are some tips you may want to consider.

Prioritize Activities

Carefully organize your daily tasks. Make a list of activities that you really have to complete and things you enjoy and make you feel happy. Focus on this list and eliminate all unnecessary tasks. And don't be afraid to ask for help – family and friends can help you with daily activities such as cooking, cleaning or coming along with you when you have a doctor's appointment.

Change the way you move

Do you have troubles getting in and out your car? Try backing into the seat and then swinging your legs after. When you need to get out do the exact opposite move, swinging your legs out first. You could also try a beaded seat cover to help you move easier.

Squatting when you need to reach something low is better than bending if osteoarthritis is affecting your lower back. Squats also keep your muscle strong and stabilize your joints.

If your knee or hip joints are causing you pain, be careful when you use the stairs. Remember to go “up with the good and down with the bad” – when going up stairs, lead with your the leg that's not hurting you. When you go down the stairs, start with the affected leg. Take stairs one at a time and always use the handrail for support.

Use Assistive Devices

Use modern technology in your favor – plenty of assistive devices are now available, and many of them are quite inexpensive. Long reach toenail scissors are great tools if you have trouble bending. Long handle back scrubbers can help your reach you're back easier when you shower. An electric toothbrush will keep your teeth clean and healthy with less manual action.

If you have trouble getting dressed and putting your shoes on, dressing sticks – long wooden shafts with a hook – can help your pick up clothes, put them on and take them off, making dressing and undressing easier on your joints. Button hooks can help you buttoning shirts and special shoehorns have also been created for arthritis sufferers.

Buy Online

Delivery services are now widely available, and the fees are low or non-existent, depending on how much you spend. From groceries to household items and clothes, you can find almost everything online and have the items shipped to your door. However, if you decrease your physical activities using online services, make sure you take up some additional exercises to compensate. Swimming, yoga or tai chi are great choices and easy on your joints.