Apps for Osteoarthritis

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Helpful Apps for Osteoarthritis Patients

Having osteoarthritis can be frustrating, so you will take all the help you can get. You can get a little extra help along the way from your tablet or mobile phone. If you love technology, you will be eager to try out the following apps.

Osteoarthritis of Knee

This app is available on both Android and iPhone/iPad, and it offers many animated exercise programs geared toward OA of the knee. The exercises can be performed at home and they are easy to do. You will find mobilization exercises, stretches, strengthening exercises, and even aquatic exercises to try out. Additional information is available about osteoarthritis of the knee, such as:

- Definitions and causes
- Symptoms
- Medical treatment
- Rehabilitation

This app is free on Android and iPhone/iPad.

Osteoarthritis Information

Available only on Android at this time, the *Osteoarthritis Information* app offers a wealth of information about the condition. It is easy to read and developed to be user friendly. The information is all written in layman's terms, so anyone can navigate through it without being stumped on medical jargon. The app is free for download as well!

It contains offers information on a myriad of topics related to OA. For example:

- Causes and risk factors
- Preparing for appointments
- Medications
- Information on infectious diseases
- Prevention strategies
- Tests to expect
- Treatments
- Lifestyle and home remedies
- Congenital and inherited disorders

Features that the app boasts include:

- Updates include new content
- Internet connection not needed once it is downloaded
- Search option for quick topic search

Track + React

Track + React is an app developed by the Arthritis Foundation that tracks many aspects of your daily living. You can track:

- Your nutrition
- Your fitness
- Your sleep
- Your medications
- Your mood
- Your day
- Your symptoms

In addition, it allows you to compare your arthritis pain to its Arthritis Impact graph. Its goal is to determine which activities may be impacting your documented pain. The data you input is secure and confidential. It is a helpful tool in identify trends over time on the graph and you can even use its web application to share the information with your primary physician or print for your own records. To document pain level, there is a slide bar to rate it from 1 to 10. You also can rate your stiffness level. It offers a goal setting option.

There is advice and tips from the healthcare experts at the Arthritis Foundation. This is a free app to download for your Android.