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## Osteoarthritis: Tips for Daily Living

Making a few changes in your daily life can reduce stress on your problem joints. This helps protect the joints from further damage.

### Your Surroundings

- Arrange cupboards, closets, desks, and drawers to reduce reaching and bending.
- Arrange furniture to make it safer and easier to get around.
- Secure or remove rugs, power cords, and other items that might make you slip or trip.

### Think Ahead

- Combine errands so that you make fewer trips up and down stairs.
- Break up loads of packages so that you carry less weight with each trip.
- If you need help with chores or errands, arrange for it in advance.
- If you need to lift something heavy, ask for help.
- Plan your moves ahead of time to use your good joints.

### Use What's Available

To rest your hands, back, and neck:

- Make sure that knives are sharp.
- Use a “grasper” to reach and grab.
- Use soap-on-a-rope in the shower.

To rest your knees, hips, and lower back:

- Wear shoes that fit well and give your feet good support.
- Choose chairs with firm seats and armrests.

### Assistive Devices

- In the kitchen, use two-handled knives and saucepans.
- For gardening, use a rolling bench to sit on or to hold your tools.
- In the bathroom, try using grab bars, a raised toilet seat, or a shower seat.
- A cane, brace, or walker may help you walk more easily. Make sure that it's properly fitted and that you're trained to use it.



**Pick up objects with both hands.**



**Sit on a chair or stool to reduce strain on your hips and knees.**