THERE ARE 100+ TYPES OF ARTHRITIS characterized by breakdown of cartilage, stiffness and pain.

MOST COMMON:
- OSTEOPARTHITIS: characterized by breakdown of cartilage, stiffness and pain.
- RHEUMATOID ARTHRITIS: characterized by swelling, bone erosion and joint deformity.

CONSERVATIVE TREATMENT OPTIONS:
- Weight loss
- Assistive devices
- Low-impact exercises
- Medications
- Injections

SIGNS AND SYMPTOMS INCLUDE:
- Swelling
- Stiffness
- Pain
- Deformity
- Tenderness

THERE ARE 1 IN 4 ADULTS HAVE ARTHRITIS 54 million Americans have some form of arthritis.

Of those who have arthritis, roughly 45% report limitations in physical activities due to symptoms.

1 IN 4 ADULTS HAVE ARTHRITIS

SIGNS AND SYMPTOMS INCLUDE

Stiffness
Swelling
Tenderness
Pain
Deformity

HOW IS ARTHRITIS DIAGNOSED?

Arthritis is usually first diagnosed by a primary care physician through physical exam, imaging and blood tests. Depending on the type of arthritis and severity, they may refer to either an orthopedic specialist or rheumatologist.


The month of May is National Arthritis Awareness Month. Here are the facts about the joint disease that can effect many areas of the body.

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512-439-1001 appointment line
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