

Preventing osteoarthritis

Risk factors for osteoarthritis



previous joint injury
(at any age)



overweight/obesity



age (increases as
you get older)



being a woman



family history

The most **modifiable** risk factors are joint injury and obesity

Being physically active, strengthening the muscles around the joint and losing weight, if you need to, are the most important things you can do to manage your osteoarthritis.

A physiotherapist will be able to advise on the best exercise programme for you.

