

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.

