

Arthritis

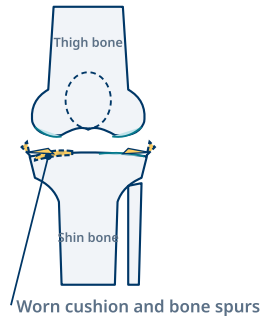
What it is

Arthritis means swelling and pain in a joint. There are many kinds. The most common kind happens when the smooth lining at the end of the bones wears down over time.

Healthy knee



Arthritis



Common symptoms

- Joint pain that is worse with activity or after rest
- Morning stiffness
- Swelling, warmth or tenderness around a joint
- Reduced range of motion
- A grinding or catching feeling in the joint

Self-care tips

- Keep moving with gentle activity, like walking, biking or water exercise.
- Ice may help swelling. Heat may help stiffness. Use either for 15 to 20 minutes.
- A healthy weight may lower stress on your knees and hips.
- Ask us whether a cane, brace or better shoes may help.

What to expect at GSMC

At your visit: We ask about your symptoms and examine you.

Tests: You may need X-rays, an MRI or other tests. Not everyone needs them.

Your plan: We talk about your options, starting with the simplest steps. We decide together.

When to call us

- A hot, red, swollen joint, especially with fever
- You cannot put weight on the leg or use the joint
- Pain or swelling that keeps getting worse
- Locking or giving way that does not stop

Get care right away for a hot, swollen joint with fever, or after a bad fall or injury.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/conditions/arthritis/



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This handout is general information and is not a substitute for medical advice.