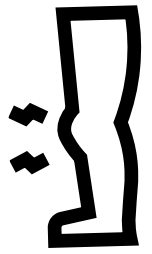


Post-Traumatic Arthritis



What is Post-Traumatic Arthritis?

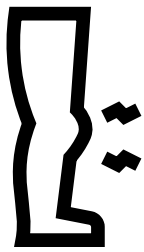
Chronic post-traumatic osteoarthritis is an inflammatory condition that typically follows joint trauma. This type of arthritis has a fast onset, meaning symptoms come on very quickly. In some cases, post-traumatic arthritis will last for a few months following the trauma; in others, it can become a lifelong condition.



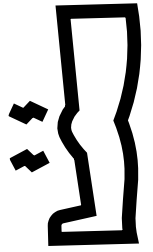
Post-Traumatic Arthritis vs. Arthritis

	Post-Traumatic Arthritis	Osteoarthritis
Symptoms	Swelling, joint pain, stiffness, tenderness to touch, joint instability	Swelling, joint pain, swelling, tenderness to touch, joint instability
Onset	Days-Weeks	Years
Cause	Physical trauma (ex. collision, sports injury)	Wear and tear





Post-Traumatic Arthritis



Management

- Anti-inflammatory medication
 - Talk to your doctor about medications to help manage symptoms
- Low-impact exercise
 - Exercise that is easy on your joints (ex. yoga, Pilates, aquafit)
 - Helps maintain muscle and keep your joints moving
- Use of braces
 - Can help provide extra support for your joints
 - Consult a healthcare professional before implementing bracing
- Heat/Cold Therapy
 - Cold can help with short-term pain relief
 - Heat can help relax the muscles
- Assistive devices that can make everyday activities easier

