Osteoarthritis is one of the most frequent causes of physical disability among adults.

Osteoarthritis most often affects the fingers, hips, knees, or spine.

Symptoms Include:

- Pain in hands, hips, knees or even the spine. The pain is worse at the end of the day or after periods of activity
- Stiffness (lasting less than 1 hour) after long periods of inactivity
- Limited motion of the joint
- Tenderness & occasional swelling
- Deformity of the joints
- Cracking or “creaking” of the joint, accompanied by pain.

Check out the Arthritis Condition Center for assessments, the latest research and ways to manage your arthritis. Go https://www.webmdhealth.com/ut/default.aspx?startid=3 for more information.

*Living Well Health Manager powered by WebMD Program available to UT SELECT members- Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.*