



Achy Joints? You might have Degenerative Joint Disease.

Degenerative Joint Disease (DJD), also called osteoarthritis, is a very common condition in which cartilage—the tough, flexible tissue that allows your bones to glide over each other—is gradually lost. DJD can affect any joint, but is most common in the hands, knees, hips and spine. The most common symptoms that appear, typically after age 40, are pain, swelling and stiffness of the joints which usually worsen with activity and improve with rest.

If you have DJD, there are multiple treatments that can help to improve symptoms:

- Rest for 12-24 hours during flares, followed by a return to usual activities to temporarily suppress joint pain
- Weight loss greatly lowers the stress placed across weight-bearing joints, such as the hips and knees
- Physical therapy and exercise can improve flexibility and strengthen muscles that support the joints
- Heat and cold therapies can provide temporary relief
- Pain relievers, many of which are over-the-counter, can provide significant symptom relief

Understand what you can do to diagnose and treat this common condition. If you understand DJD, you can work with your doctor to prevent and treat this painful problem, allowing you to stay active. Your doctor will likely perform a physical exam and may obtain x-rays. You can also figure out if you have DJD by taking lab tests that can help you rule out other conditions.

If you suspect that your DJD may be more severe, speak with your doctor. Additional medications, joint injections, and even surgery can play a role in the treatment of DJD.

Still facing difficult decisions about DJD?

Contact Best Doctors. Our expert orthopedists, rheumatologists, and pain specialists can provide you and your doctor with information tailored to your unique situation and help move your care in the right direction.



Did You Know?

- Best Doctors is a free and confidential service offered by your employer
- The Best Doctors service is offered over the phone
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**If you have questions call
1-866-904-0910**
