



OA Action Checklist

The First Few Months

As the patient, you play the most important role in your osteoarthritis (OA) treatment. Take action early in your diagnosis for better outcomes. This checklist is designed to help you take the right action in the first few months of your diagnosis and stay on track with your treatment and overall well-being.

- ☐ **See a doctor.** If your joints hurt and you think it might be osteoarthritis, an orthopaedist can help you get clear answers and provide next steps. Schedule regular check-ups to stay on top of managing your OA.
- ☐ **Ask questions.** Make a list of questions specific to your needs to ask your doctor and other healthcare providers. You can use our **OA Questions to Ask Your Doctor** to help get you started.
- ☐ **Book PT and OT as needed.** If your doctor prescribed physical therapy (PT) or occupational therapy (OT), call the therapist's office now to schedule a month's worth of appointments — therapists' sessions book up quickly.
- ☐ **Get moving.** Talk to your doctor and physical therapist about a physical activity routine. They can assess any activity you're already doing and recommend the safest and most effective activities for your OA.
- ☐ **Seek support.** The **Arthritis Foundation Helpline** can provide support online or toll-free ([arthritis.org/helpline](https://www.arthritis.org/helpline) or 800-283-7800) and our **Connect Groups** provide online and in-person support from others living with arthritis (connectgroups.arthritis.org).
- ☐ **Track your progress.** Keep a daily journal with our **OA Flare & Symptom Tracker**. Record pain levels, activities, medications, supplements, other treatments and more. Share it with your healthcare providers so you and your providers better understand your OA.

Stay on course. The Arthritis Foundation's **Navigating Your OA Diagnosis** guide is your GPS on this journey — providing Guidance, Progress and Support. Contact our **Helpline** ([arthritis.org/helpline](https://www.arthritis.org/helpline) or 800-283-7800) to request **Your OA Waypoints** — more in-depth information and resources to help you navigate your way to living well with OA.