

Assess your Joint Health

Only a doctor can diagnose arthritis. However, by asking yourself the following questions you may be able to get a better idea of your joint health.

What's Your Risk?

1. Are you 45 years of age or older?
2. Have you ever had an injury to your knee severe enough to put you in bed; to force you to use a cane, crutch or brace, or to require surgery?
3. Are you more than 10 pounds overweight?
4. Have you in the past, or do you currently, participate in greater than 3 hours per day of heavy physical activities, such as bending, lifting, or carrying items on a regular basis?
5. Did you have hip problems that caused you to limp as a child?

What Are Your Symptoms?

6. Has a doctor ever told you that you have arthritis?
7. During the past 12 months, have you had pain, aching, stiffness or swelling in or around a joint?
8. In a typical month, were these symptoms present daily for at least half of the days in that month?
9. Do you have pain in your knee or hip when climbing stairs or walking 2-3 blocks (1/4 mile) on flat ground?
10. Do you have daily pain or stiffness in your hand joints?
11. Are you now limited in any way in any activities because of joint symptoms (pain, aching, stiffness, loss of motion)?
12. Because of joint symptoms, rate your ability to do the following:
 - 0 – Without ANY Difficulty
 - 1 – With SOME Difficulty
 - 2 – With MUCH Difficulty
 - 3 – UNABLE To Do
 - a. Dress yourself, including shoelaces and buttons?
 - b. Stand up from an armless, straight chair?
 - c. Get in and out of a car?
 - d. Open a car door?

If you answered yes to any of questions 1-5, you are at risk for arthritis. If you answered yes to two or more of questions 6-11, you might have symptoms of arthritis. Please add the numbers shown next to each of your answers for question 12 (a+b+c+d). If you scored a 6 or more on question 12, you will likely benefit from seeing your healthcare professional and should consider call for an evaluation.