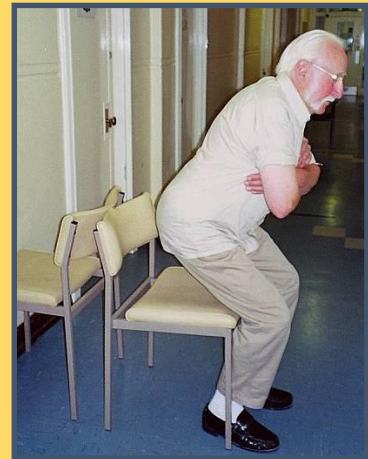


EPOSA FACT

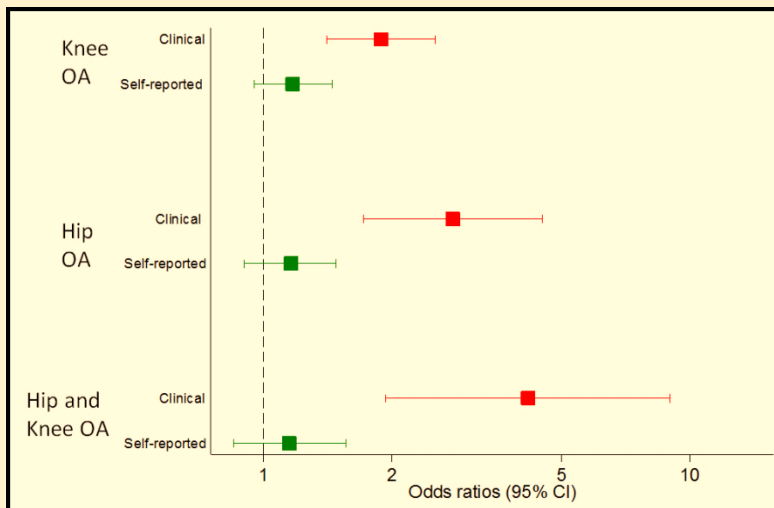
Physical performance and pain in osteoarthritis

Poor physical performance

Poor physical performance is known to be associated with disability, lower quality of life and higher mortality rates. Knee and hip osteoarthritis (OA) might contribute to poor physical performance, through joint pain and restricted range of movement. In EPOSA, physical performance was determined from walking speed, chair rises and balance. The relationship between hip and knee OA and poor physical performance has been examined.



Advanced age, female gender, lower educational attainment, abstinence from alcohol and higher body mass index were independently associated with low physical performance (Edwards et al., 2014).



The association of clinical and self-reported OA of the knee and hip with low physical performance was examined after adjustment for these factors.

Clinical OA, but not self-reported OA, is associated with low physical performance after adjustment for pain (Edwards et al., 2014).

1 out of 4 individuals who report knee or hip OA do not have pain in the corresponding joint (Edwards et al., 2014).

