

# EPOSA FACT

## Osteoarthritis and functional decline

### Functional decline

Functional limitations refer to difficulties in performing activities of daily living. Functional limitations are an important symptom of hand, hip and knee osteoarthritis (OA). They are markedly associated with poor quality of life. In order to optimize rehabilitation and lifestyle interventions, it is important to know the risk factors for functional decline over time.

In EPOSA, we have identified risk factors that, together with clinical hand OA or hip/knee OA, are associated with functional decline in older adults over a period of 12-18 months.



Of the 1886 individuals with complete baseline and follow-up data, 453 (24.0%) had worse hand functionality and 554 (29.4%) had worse knee/hip functionality at follow-up.

Hand OA, anxiety, walking speed, and grip strength were risk factors for hand functional decline.

Hip/knee OA and pain, peripheral artery disease, obesity, and cognitive impairment were risk factors for hip/knee functional decline.

### Conclusion

This study shows that together with emotional status, chronic physical and cognitive conditions, OA affects hand and hip/knee functional decline.