Athletes are more likely to sustain joint injuries that lead to osteoarthritis.
- Ligament injuries
- Meniscal tears

Research suggests 50% of people diagnosed with these injuries will have osteoarthritis in 10-20 years.²

If you've had a knee injury, your lifetime risk of developing OA is 57%.³

People who weigh more and have higher BMI are more likely to develop OA.³

Exercise is the recommended initial treatment for OA in all populations.⁴

Other treatment options include:
- Weight loss
- Low impact exercise
- Physical therapy
- Supportive devices
- Anti-inflammatory medicines
- Injections
- Surgical treatment

Women are more likely to develop OA than men.²

Osteoarthritis is a leading cause of disability in U.S. service members and veterans.¹

Post-traumatic arthritis results from physical injury:
- Athletic injury
- Injury from a fall
- Past vehicle accident
- Past joint surgery
- Any kind of physical trauma²

12% of OA is caused by post-traumatic arthritis