



Speaking from Experience *Osteoarthritis: Hip & knee*

Transcript for chapter 2 of 8: Pain management

Rosalie, 46 (6 years since last knee replacement): I think that the fear of pain can stop us from doing things that are good for us. The fear of pain often makes people think that they don't want to move because it will hurt, "I don't want to go out to the letterbox and see if there are letters there, or see if there's junk mail there. I don't want to move, because I know that it's going to hurt." But if you're actually just going to stay sitting, then it's going to be a whole lot worse. So, in a sense, you have to get over it.

John, (18 months since hip replacement): I think that doing exercise is really important. It's the muscles that hold everything together. It doesn't matter what your bones are like - if they're good bones or bad bones - if your muscle structure's not very good, then you're going to lose strength in that area. That's what holds everything together. It's really important to be fit and exercise so that you've got really good muscle tone. We're not talking about being a Schwarzenegger, we're just talking about good muscle tone.

Jack and Anne, 54 (1 year since Anne's knee replacement): With arthritis, you tend to get very stiff very easily. So, being in one place and not actually moving is not beneficial at all. I would again advise to try different things, don't be scared to try something new. Give it a try and see how it works. Bear in mind that some things might be uncomfortable, so you might suffer for 24 hours from having tried something. But you have to try different things to see what works for you.

Elaine, 63 (7 years since right knee replacement): After a few years, I eventually started a gym program tailored to your abilities or disabilities. It was really of great benefit.

Rosalie, 46 (6 years since last knee replacement): When you feel like you're doing something, it also helps your pain. Also, finding something else to do, something you love to do that will take your mind off your pain, is a really good strategy. Sometimes it's a bit hard to do. It's a bit hard to motivate yourself to go for a walk if you're in a lot of pain. But if you've got a hobby or an interest, that's a good strategy.

Jack and Anne, 54 (1 year since Anne's knee replacement): A range of different natural therapies, along with the western medicine. That being meditation, Bowen therapy, massage, chiropractor, Chinese medicine, that can vary with acupuncture or that along with Chinese herbs. I never stop taking my medication that's prescribed by the doctor. It's working hand in hand the two things together. I'm constantly trying new things to see what helps me.

Rosalie, 46 (6 years since last knee replacement): The pain management issue of how to balance and understand your pain is an issue that is an ongoing one. Because what works at some point in time, may not work at another point in time.

John, (18 months since hip replacement): I basically just filtered it out and for a lot of the time that sort of worked, unless it became really bad.



Jack and Anne, 54 (1 year since Anne's knee replacement): Simple things like the weather. I find that, to me, rain means pain. That probably sounds ridiculous to some people but it's like you become a human barometer and you can feel certain things like the weather is going to change.

Alison, 75 (7 years since hip replacement): Generally, the summer helps better than the winter. The warmth does help a lot. Heat packs on the particular area is good. Just to relieve it for a short time.

Bernie, (Approximately 20 years since last joint replacement): At times, if the pain is severe, ice or a heat pack can help.

Rosalie, 46 (6 years since last knee replacement): I have wheat packs at home, I'm not a go-out-and-buy those really expensive ones that they have. I go and buy a bag of wheat from the wheat store and then I get busy with my sewing machine and I make them. Then I bung them in the microwave and make them nice and warm. They work very well.

Jack and Anne, 54 (1 year since Anne's knee replacement): With meditation, it takes you into another realm where you don't feel the pain, as such. So, yeah, that's the good thing about medication.

John, (18 months since hip replacement): I found that glucosamine and fish oil work. And it's one of those weird things that, when you first start taking it, you don't think it's doing much at all, but when you stop taking it, that's when you notice it. It really takes a while for that stuff to kick in. It's not like a drug that you feel straight away. It is something that builds up in your body. So I notice if I stop taking it, that's when I notice it. So, things like that which are very simple, they're non-toxic, they certainly help.

Alison, 75 (7 years since hip replacement): You learn to manage your own problems, they may be different from other peoples', but you do learn to cope.