

# Is it osteoarthritis?

If you experience joint pain in the knee or hip, it may be caused by osteoarthritis. To understand more, ask yourself the following questions:

## DO YOU HAVE:

- Joint stiffness in the morning for 30 minutes or less?
- Joint pain lasting more than 6 weeks?
- Pain that is worse after activity?
- Pain that is worse at the end of the day?
- A family history of osteoarthritis?

If you answered yes to any of these questions above, talk to your healthcare provider about the possibility of osteoarthritis.



## Start moving today!

Find easy-to-follow exercise videos to help reduce joint pain in your knees and hips.

Get started at

[Tylenol.com/KeepMoving](https://www.tylenol.com/KeepMoving)