



Interventions to Support Participation for People with Osteoarthritis and Rheumatoid Arthritis

Evidence-Based Action Statements for Occupational Therapy Practitioners



Provide Client Education and Self-Management Interventions

- Increase clients' knowledge about their condition
- Build confidence and skills to address symptoms (e.g., pain, fatigue, swelling)
- Promote participation in valued occupations through training in strategies such as energy conservation



Provide Psychosocial Interventions

- Address psychosocial factors that contribute to pain and fatigue through strategies such as cognitive-behavioral techniques
- Support clients in coping with the emotional distress of living with a chronic condition



Provide Lifestyle Management Interventions

- Develop action plans that address clients' lifestyle management goals (e.g., weight loss, tobacco cessation) in the context of daily life



Provide Physical Activity and Exercise Interventions

- Align physical activity and exercise recommendations with clients' general health status and other personal and environmental factors (e.g., financial and geographic resources)



Provide Interventions That Support Occupation, Including Orthoses, Environmental Modifications, and Physical Agent Modalities

- Assist clients with incorporating these interventions into daily life with a chronic condition



Provide Interventions for Work Participation

- Support engagement in paid or unpaid work through interventions such as worksite modifications and connecting clients with related resources

Find the Evidence: AOTA's Occupational Therapy Practice Guidelines for Nonoperative Management of Osteoarthritis and Rheumatoid Arthritis

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