

Arthritis



Reasonable Adjustments

Arthritis is the leading form of disability and affects many people of all ages.



Over 7 million adults in the UK have long-term health problems due to arthritis and related conditions.

Arthritis is the second most common cause of time off work.

Arthritis causes pain, stiffness and inflammation in the joints, which can lead to permanent damage and weakness. Systemic forms of arthritis can damage the whole body. Certain forms of arthritis can cause limb shortening or deformity.



Arthritis can cause difficulty with standing, walking, sitting, lifting, reaching, making repetitive movements, and many other everyday activities.

People with arthritis often also have fibromyalgia, which requires different treatment. Fibromyalgia, is a condition that causes widespread pain throughout the body.



Fibromyalgia can also cause sleep problems, fatigue and mental or emotional distress. Patients with fibromyalgia are often more sensitive to pain than those who do not have fibromyalgia.



Work Place Reasonable Adjustments: what you and your colleagues can do at your workplace



Always consult the worker.

As with other “invisible” conditions, employers and colleagues may not take arthritis seriously.

It tends to be associated with older people complaining about small “aches and pains”.

Appropriate adjustments will be of the kind suited to conditions such as RSI, Shoulder, Arm or Hand Impairment, Back Impairment or Mobility Impairment.