



Find your own way to arthritis relief

Using more than one method can relieve pain and improve function. Talk to your doctor if you have any questions about what approach may be right for you.

Tackle your arthritis pain with multiple approaches.

Consider some of these ideas:



- **Lose extra weight:** Losing just 1 pound takes 4 pounds of pressure off knees
- **Protect your joints:** Take breaks from standing, avoid high heels, and shift sitting position every 15 minutes
- **Try taking TYLENOL® 8HR Arthritis Pain Caplets,** a pain reliever that is proven effective for arthritis pain and lasts up to 8 hours
- **Ask your doctor about using a pain-relieving cream,** such as MOTRIN® Arthritis Pain Gel

Motion is medicine for arthritis.

Experts recommend 3 types of exercise:



- **Strengthening exercises** like leg lifts or chair squats can help build muscles to support and cushion your joints
- **Stretching exercises** like hamstring, calf, or quad stretches can improve joint flexibility and range of motion, which helps relieve arthritis pain
- **Low-impact cardiovascular activity** like walking, elliptical machines, or water aerobics promotes a healthy heart, increased stamina, and weight loss, which can help relieve symptoms of arthritis



Pain can affect you emotionally.

People living with pain often have depression and anxiety. Talk with your healthcare professional about all the ways pain is impacting your quality of life and the things you like to do.

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

for videos with simple step-by-step exercises for people with arthritis

There's more than one way to treat OA

Works fast and lasts all day*



Use product only as directed.

EXTENDED RELEASE

TYLENOL® 8HR Arthritis Pain Caplets

ACTIVE INGREDIENT	
Acetaminophen 650 mg (in each caplet)	
ADULT DOSE + FREQUENCY	DIRECTIONS
Take 2 caplets every 8 hours with water	Do not take more than 6 caplets in 24 hours

IMPORTANT INSTRUCTIONS FOR PROPER USE: Read and follow the label on all TYLENOL® products. Do **NOT** use with any other product containing acetaminophen.

Clinically proven arthritis pain relief



Use product only as directed.

MOTRIN® Arthritis Pain Gel

ACTIVE INGREDIENT	
Diclofenac sodium (NSAID†) 1%	
ADULT DOSE + FREQUENCY	PER DOSE
Use the dosage card enclosed with the product to measure a dose Use 4 times per day, every day Do not use on more than 2 body areas at the same time	For each upper body area (hand, wrist, or elbow)—squeeze out 2.25 inches (2 grams) For each lower body area (foot, ankle, or knee)—squeeze out 4.5 inches (4 grams)

*Up to 8 hours.

†Nonsteroidal anti-inflammatory drug.

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