

**Osteoarthritis (OA)** is the most common form of arthritis. Some people call it degenerative joint disease or “wear and tear” arthritis. It occurs most frequently in the hands, hips, and knees. With OA, the cartilage within a joint begins to break down and the underlying bone begins to change.” <https://www.cdc.gov/arthritis/basics/osteoarthritis.htm>

