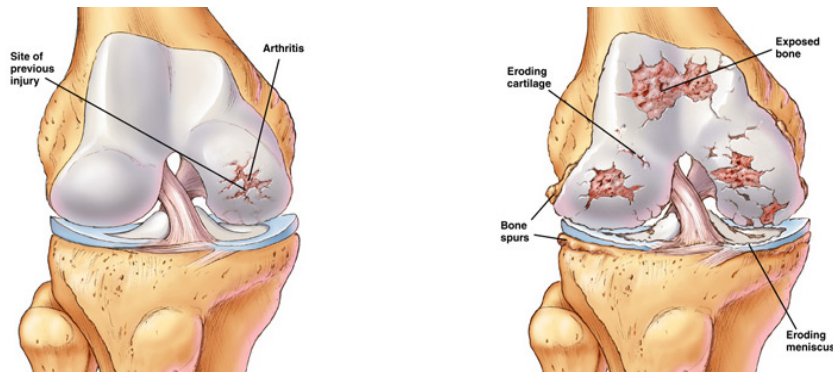


Knee Osteoarthritis

What is it?

- This condition refers to degeneration of the knee joint surfaces and often a loss of space between the thigh and shin bones



What do I look for?

- Pain and tenderness to touch in the knee region
- Swelling worsening with activity or at the end of the day.
- Reduction in the range of movement in the knee
- Weakness and/or imbalances in the knee muscles
- Pain with walking, squatting, kneeling and /or stairs
- History of a previous knee injury/pathology or family history

What causes it?

- General wear and tear to the joint with use over the years.
- Previous injury to the knee .

How can this be treated?

- The degenerative changes present in the knee are permanent. However physiotherapy and exercise therapy to improve the strength of the knee musculature can prevent further degeneration of the joint, and in many cases reduce the presenting symptoms.
- If severe, joint replacement may be the only option to improve the condition.
- Bracing may be useful to support the joint and improve general function in day to day activity as well as in sporting activity.

Do I see my doctor?

- Your doctor will be able to assist you with the medical management of this condition and refer for further investigation or opinion if it is worsening.

