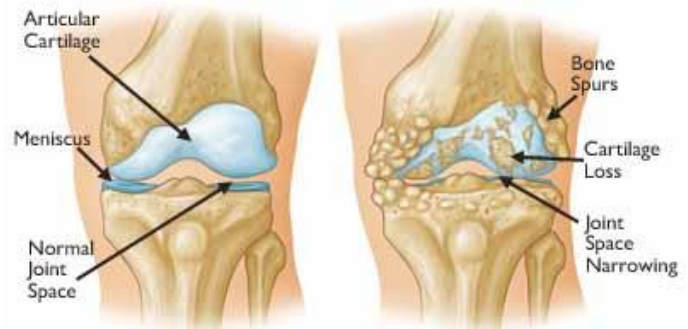


OSTEOARTHRITIS IN THE KNEE

The information in this document is provided to inform you about osteoarthritis in the knee.

What is Osteoarthritis?

Osteoarthritis is the most common form of arthritis in the knee. In osteoarthritis, the cartilage in the knee joint gradually wears away. As the cartilage wears away, it becomes frayed and rough and the protective space between the bones decreases. This can result in bone rubbing on bone and can produce painful bone spurs. Osteoarthritis develops slowly and the pain it causes worsens over time.



Risk factors predisposing you to develop osteoarthritis in the knee include:

- Being overweight
- Family history of osteoarthritis
- A previous knee injury, significant trauma or overuse of the knee joint
- Age being 50 years and over

What are the symptoms of Osteoarthritis?

- The knee joint may become stiff and swollen, making it difficult to bend and straighten the knee
- Pain and swelling may be worse in the morning or after sitting or resting
- Vigorous activity may cause pain to flare up
- The knee may “lock” or “stick” during movement
- It may creak, click, snap or make a grinding noise
- You may experience increased knee joint pain with rainy weather

OSTEOARTHRITIS IN THE KNEE

How is Osteoarthritis diagnosed?

- Your Physiotherapist or Doctor will suspect signs of knee arthritis
- A series of knee tests which may help to identify signs of knee arthritis
- An X-ray on the knee may also be used to confirm the diagnosis

Your Physiotherapy treatment will aim to:

- Reduce your knee pain and inflammation
- Normalise your knee joint range of motion
- Strengthen your knee and leg muscles
- Improve your patello-femoral (knee cap) alignment and function

Your Physiotherapist will provide you with an exercise program.

Contact: Physiotherapy Department **Tel:** (03) 5143 8560