



Winston Hills
Physiotherapy Centre

KNEE OSTEOARTHRITIS

What is Osteoarthritis?

Osteoarthritis (OA) is a condition that affects the whole joint including bone, cartilage, ligaments and muscles.

Osteoarthritis may include:

- inflammation of the tissue around a joint
- damage to joint cartilage – this is the protective cushion on the ends of your bones which allows a joint to move smoothly
- bony spurs growing around the edge of a joint
- deterioration of ligaments (the tough bands that hold your joint together) and tendons (cords that attach muscles to bones).

What causes it?

Loading of the joint surfaces more than they can cope with over a long period of time.

This can result from being overweight, doing excessive activities like squatting or kneeling or having had a previous injury to the joint.

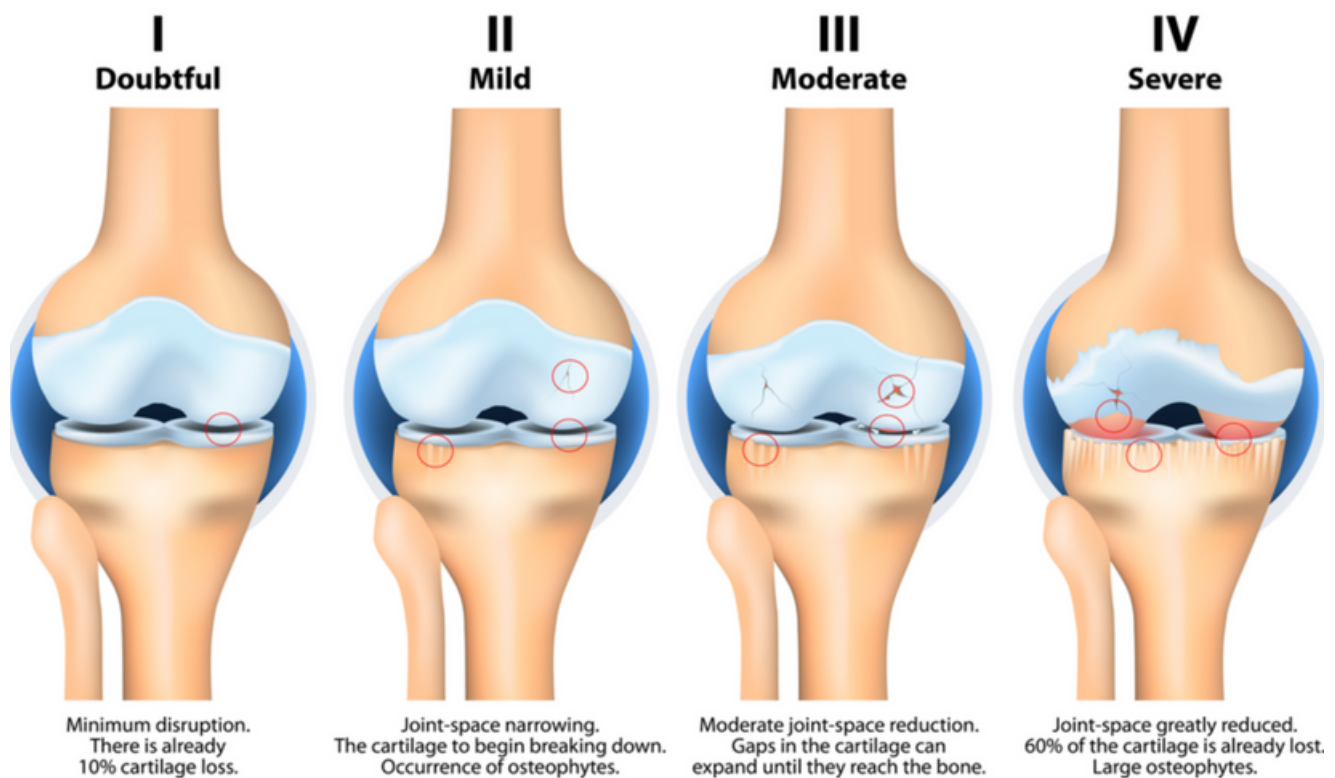
A sedentary lifestyle will also contribute to osteoarthritis as joints require regular loading to maintain their health



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STAGE OF KNEE OSTEOARTHRITIS



Bear in mind that the amount of damage to the joint does not necessarily equal the amount of pain that someone feels or the level of disability that the person has in the affected joint.



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How can Physiotherapy help?

An appropriately designed management program has been proven to be one of the most effective treatments for OA. Our highly trained physiotherapists can prescribe an effective and research based program tailored to your needs.

Regular exercise is an important part of the program as it can help:

- Improve joint mobility and flexibility
- Increase muscle strength
- Improve posture and balance

While reducing:

- Pain
- Fatigue
- Muscle tension
- Stress

Exercise also improves overall health by:

- Improving cardiovascular fitness
- Improving bone strength
- Reducing body weight



Questions?

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