Knee Joint Osteoarthritis : Do's for Pain Management



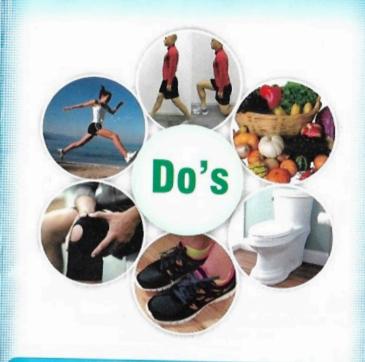
- → It is the most common type of arthritis, also known as wear and tear arthritis
- Important reason is the breakdown or damage to the cartilage between joints
- The weight bearing joints of the hip, knees and spine are affected in majority of patients

Symptoms of Osteoarthritis

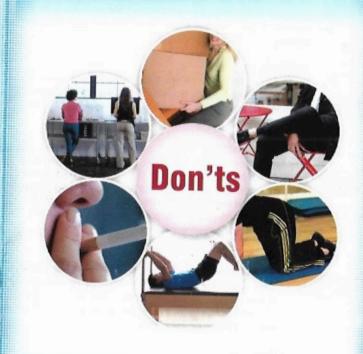


Causes and Risk Factors

- Age-People above the age of 45 have the risk for developing Osteoarthritis. It is, however, most commonly found in people over age of 65
- Gender-This disease of Osteoarthritis is more common in women, particularly after the age of 55
- Obesity- This can be one of the causes for Osteoarthritis as every kilogram puts three extra kilogram of pressure on knees
- Injury- Joint injuries pose an increased risk of developing Osteoarthritis
- Weakness of muscles- Weak thigh muscles lead to Osteoarthritis knee joint pain



- Use knee cap supports
- Use hot water fomentation to relieve pain
- Wear comfortable, fitting shoes to reduce stress on joints
- Walk regularly to keep yourself active, it helps avoid stiffness
- Maintain a healthy weight to reduce strain and pain in your knees



- On't lift heavy weights, it puts stress on the knees
- On't sit cross-legged
- Avoid prolonged activities that put strain on the knee like gardening
- Avoid jerky movements
- Don't smoke. Research shows that smoking leads to joint pain along with other damaging effects