

## What is Osteoarthritis?

### Normal



### Osteoarthritis



- 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

Knee pain



Swelling



Joint stiffness



Loss of Movement



### 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

## Knee Joint Osteoarthritis : Do's for Pain Management



- ✔ 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

## Knee Joint Osteoarthritis : Don'ts for Pain Management



- ✘ Don't lift heavy weights, it puts stress on the knees
- ✘ Don'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