

OSTEOARTHRITIS OF THE KNEE

Osteoarthritis is the Most Common Form of Arthritis

Every Pound of Weight You Gain Adds 3-4 Pounds of Extra Pressure on Your Knees

Osteoarthritis (OA) is the most common cause of pain and disability of the knee joint. It occurs when the protective cartilage on the ends of your bones wear down over time. The following guide has been prepared to educate patients about the condition – including symptoms, risk factors, and treatment options of osteoarthritis of the knee.

01 | Risk Factors

The following is a list of the most common risk factors for OA:

- **Age** – when the body ages, the cartilage loses its ability to heal, increasing the risk of osteoarthritis
- **Weight** – excess weight increases pressure on the joints, which can break down cartilage of the knee
- **Heredity** – inherited abnormalities and genetic mutations may make a person more prone to develop OA
- **Gender** – women over 55 are more likely than men to develop OA
- **Repetitive Stress Injuries & Athletics** – the stress to the knee caused by work-related or exercise-related activities or injuries increase the risk for OA

02 | Symptoms

Symptoms of osteoarthritis are usually progressive and increase over time. They typically include:

- Pain that increases when active
- Swelling
- Warmth and tenderness in the affected joint
- Stiffness in the knee, especially after inactivity
- Decreased mobility in the knee
- Grating sensation
- Bone spurs

03 | Treatment

There are steps a patient can take to help manage osteoarthritis. The treatment plan can help slow the progression of OA as well as minimizing the pain and discomfort associated with the condition, and will likely include:

- Weight management
- Using proper gear during exercise or sports activities
- Following precautions at work and when participating in athletics

04 | Learn More

Whether young or old, joint and knee health is important. Much can be done to prevent osteoarthritis of the knee. For patients who have already been diagnosed, following a treatment plan can slow the progression of the disease and improve mobility and well-being. Learn more <http://www.arthritis.org/about-arthritis/types/osteoarthritis/>

Did You Know?

More than 27 million people in the U.S. have osteoarthritis

References

<http://www.webmd.com/osteoarthritis/guide/osteoarthritis-of-the-knee-degenerative-arthritis-of-the-knee>

<http://www.mayoclinic.org/diseases-conditions/osteoarthritis/basics/definition/con-20014749>