Knee Osteoarthritis

Osteoarthritis (OA) is a deterioration of the cartilage covering of the joint surface of the knee, which can result in inflammation, pain, and stiffness of the joint. OA can occur at any age, although it is more common in people over the age of 45 and affects 33 per cent of people over 75.

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What causes it?

A degree of OA change to the joints is a normal part of the ageing process however, there are several lifestyle, movement and genetic factors which can accelerate the rate of change and symptoms experienced including:

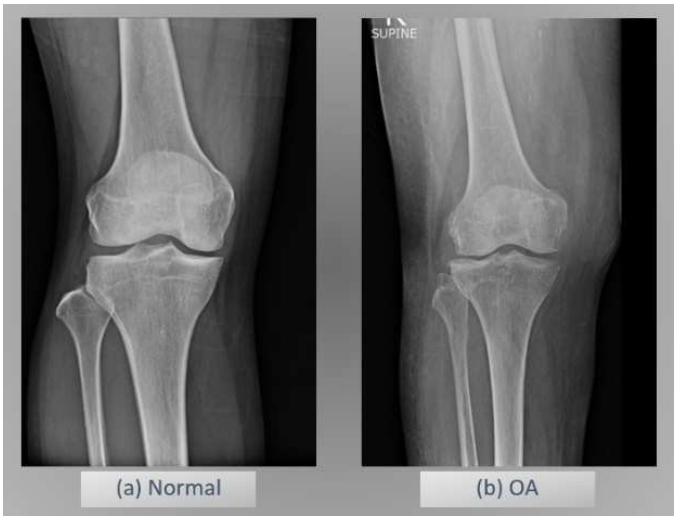
What are the symptoms?

The symptoms of OA will vary depending on the severity of the condition but can include:

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- Joint pain and stiffness.
- Inflammation and swelling of the joint.
- Pain with prolonged or excessive weight bearing.
- Clicking, clunking, and grinding of the joint.
- Enlarged or thickened joint appearance.

It is important to note that there is not a strong correlation between the changes seen on imaging and the symptoms experienced, and that treatment can lead to significant improvements in pain and function.



Treatment

Treatment involves shared decision making between the therapist and client based on the goals of the client and relative contribution of various factors to the condition. Generally, it involves education about the condition, activity modification to decrease overload to the joint and exercises to strengthen the knee and improve mechanics. This may be combined with other adjuncts such as manual therapy, medications, taping, bracing and advice on weight loss amongst others.

High-level evidence shows that exercise and physical activity are key to reducing inflammation and pain and improving function. Your physiotherapist will help determine what level of activity is enough to challenge your muscles and joint

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without flaring your symptoms.



In more severe cases, joint replacement surgery may be required but should only be considered after failing to achieve adequate results with conservative management. Recent studies have shown that up to 30% of those waiting for joint replacement surgery opted out of surgery after undertaking an appropriate course of exercise due to the improvement in their symptoms and function.

Book Now

Stop putting up with pain and reduced function from knee OA. Book an appointment with one of our expert physios today to get a plan to strengthen your knee and get you back doing the things you love!

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