

KNEE OSTEOARTHRITIS

WHAT IS IT?

Degenerative joint disease involving cartilage of the knee and inflammation of the soft tissue linings. Osteoarthritis may be diagnosed by your history and physical examination or by an X-ray. An X-ray may not be needed since early stages of arthritis may not be seen on X-ray while moderate to advanced stages of arthritis are recognizable on physical exam.

WHAT WILL I FEEL?

You may feel any or all of the following symptoms:

Aching, pain, stiffness, swelling and sometimes a grinding sensation.

You may have difficulty:

Walking, squatting, kneeling or climbing stairs due to pain or stiffness.

Symptoms are usually worse in the morning and after prolonged activities.

HOW LONG WILL IT TAKE TO GET BETTER?





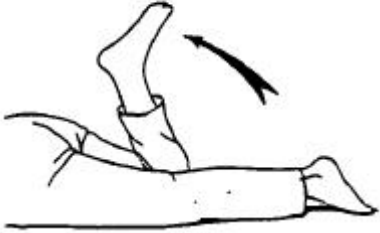
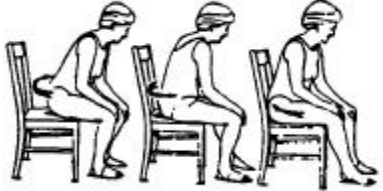


Degenerative joint disease generally follows a slowly progressive course. You may have symptoms that last days, weeks or months, followed by days, weeks or months of manageable symptoms. Symptoms usually come on gradually and may come and go depending on activity, weather, general health, conditioning, and incidents of trauma or overuse.

WHAT CAN I DO TO HELP MYSELF?

- **Ice** - to decrease pain and inflammation. **15 minutes, 3-4 times each day.**
- **Medication** - Talk to your health care provider or consult the *Healthwise Handbook* about anti-inflammatory medication. It may take 10-14 days for you to notice the benefit.
- **Move Your Knee Often** – Arthritic joints feel better with gentle midrange movement and worse with long periods of immobility.
- **Supportive Shoes** – with good arch supports and cushions. Non-prescription orthotics may be advised to support your feet. Avoid high heels. Avoid standing or walking on cold concrete surfaces for prolonged periods.
- **Maintain Ideal Body Weight** – to place less stress on the knee(s). Gentle exercise in The water or bicycling may promote weight loss as well as be therapeutic for the knee.
- **Exercise** - Do the exercises listed on the back of this form to maintain range of motion, decrease pain, stretch muscles that are tight and strengthen muscles that are weak. Do the exercises only when you are able to do them without increasing your pain.
- **A Cane** – may be recommended to decrease weight bearing on the joint and allow you to walk without limping.

MOVEMENTS TO IMPROVE MOBILITY AND EASE PAIN

- **Do all exercises** twice per day **5 repetitions** each to start. **Work up to 20 repetitions.**
- All exercises must be done **PAIN-FREE**. Feeling a stretching or pulling sensation is OK. **Stop** doing any single exercise if it immediately increases your pain.
- If you have increased **pain that lasts more than 1 hour** after finishing the exercises, you need to decrease the number of repetitions of each exercise.

<p>Lie with a pillow under your heel. Tighten the muscles on the top of the leg and try to push the knee toward the floor.</p> <p>Hold 5 seconds</p> 	<p>Bend one leg. Raise the other leg 6 inches with the knee locked, keeping the thigh muscles tight.</p> <p>Hold 5 seconds</p> 	<p>Bend one leg. Grasp the other leg and slowly try to straighten the knee until a stretch is felt behind the knee.</p> <p>Hold 10 seconds</p> 
<p>Bend both knees placing feet flat. Slowly raise buttocks from the floor, keeping your stomach tight. Avoid arching your back.</p> <p>Hold 5 seconds</p> 	<p>Lie on your stomach. Bring your heel toward your buttock. You can use the other leg to push gently.</p> <p>Hold 5 seconds</p> 	<p>Lean forward and place hands on your knees. Gently move forward one hip at a time, and then back one hip at a time.</p> 
<p>Stand as in position below. Lean onto front leg.</p> <p>Hold 10 seconds</p> 	<p>Squat, bending forward from the hips.</p> <p>Hold 5 Seconds</p> 	<p>Stationary bike/ Peddler Adjust bike so the leg is nearly straight when down. Begin with low resistance. Begin with partial circles, then progress to full circles. Begin with 5 minutes. Work up to 20 minutes or more as able.</p> 