

PROFESSIONAL THERAPIES, INC.

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Knee Arthritis

Definition

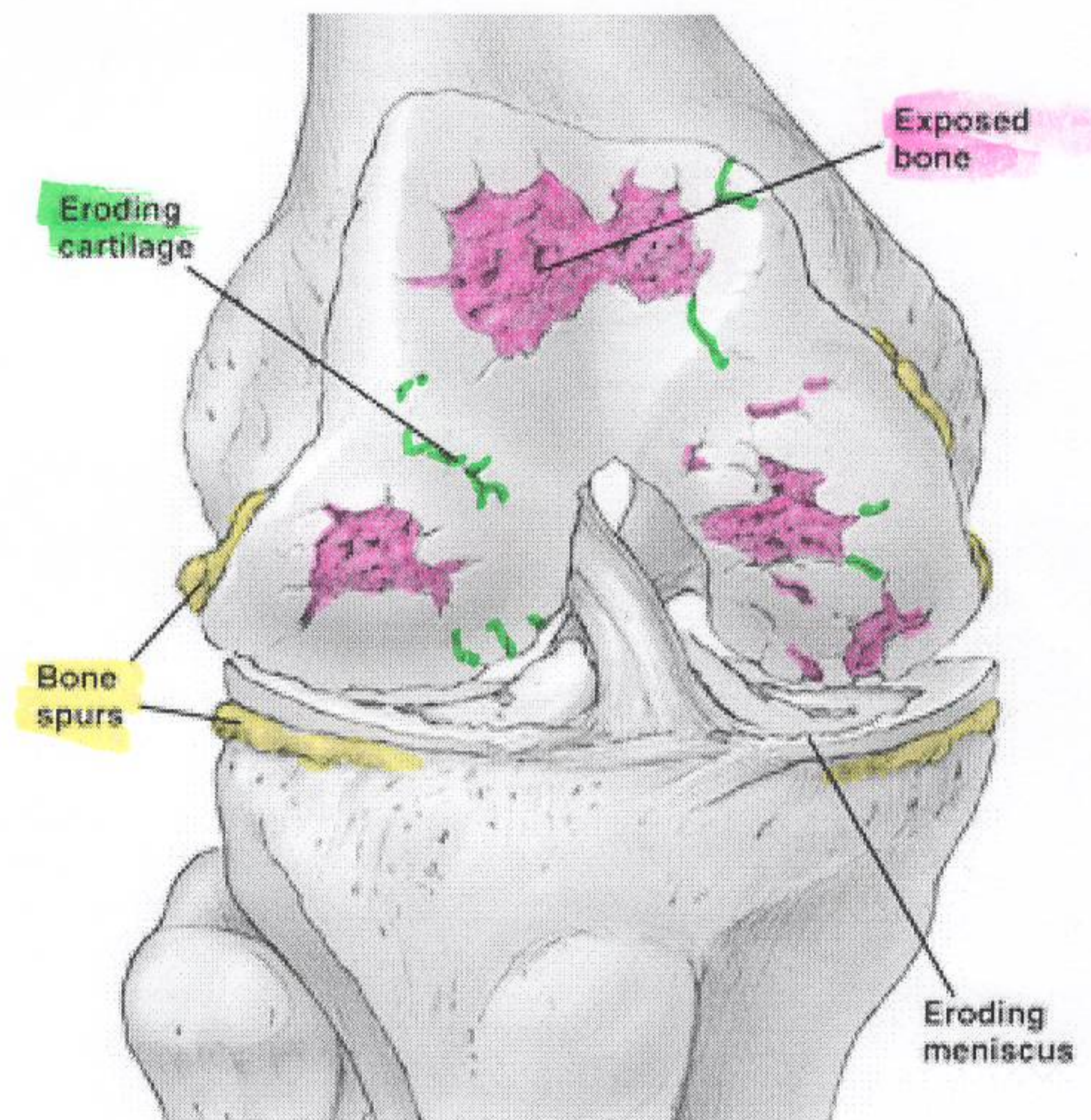
Osteoarthritis (degenerative joint disease, osteoarthrosis) is the most common form of arthritis. Osteoarthritis occurs when cartilage in your joints wears down. This process happens over time. There is no “cure” but there are many methods to relieve pain and maintain normal life.

Osteoarthritis occurs when the cartilage that cushions the ends of bones in your joints deteriorates over time. The smooth cartilage gets worn down and can become painful. People tend to say the doctor told them they are “bone on bone.”

Signs and symptoms

Symptoms tend to progress over time if not managed. They include:

- Pain. Your joint may hurt during or after movement.
- Tenderness. Your joint may feel tender when you apply light pressure to it.
- Stiffness. Joint stiffness may be most noticeable when you wake up in the morning or after a period of inactivity for about 30 minutes. After 30 minutes, the stiffness should subside.
- Loss of flexibility.
- Grinding sensation.
- Bone spurs. You may feel small bony growths around the affected joint.



Causes

- Getting older
- Injury to the joint, repetitive stress
- Muscle weakness/loss of flexibility
- Overweight/obesity
- Genetics

Risk factors

- Over 40 yrs old
- Female
- Bone deformities.
- Repetitive joint injuries.
- Obesity.
- Occupation