
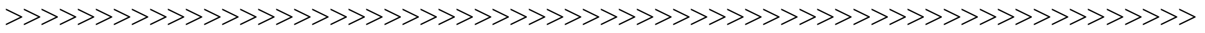


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Knee Osteoarthritis

Osteoarthritis is when there are degenerative/age related changes to your joints. This will affect the bone and cartilage within the joint which can sometimes lead to pain and loss of movement. It is important to ensure your joints keep moving to reduce stiffness and improve the circulation around the joint whilst exercises will also maintain muscle strength to support the joint better.

It is difficult to predict whether the level of osteoarthritis will change however not all patients require a joint replacement as they can manage their symptoms conservatively. On average joint replacements last around 10-12 years and may require revising at that point.

Cycling can be very beneficial if you have good movement of the knee it may be worth starting 10-15 minutes cycling 2-3x per week. Swimming is also very good for joints due to the buoyancy of the water, resistance of the water helping with strength and general cardiovascular element to assist circulation around the joint.

Pacing:

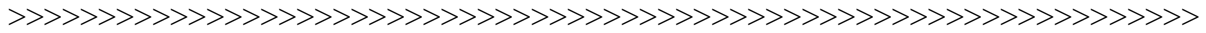
It is important to pace out your physical activities and ensure it feels ok later that evening/next day. Modify some of your activities to allow your knee some relative rest in the short term particularly during a 'flare up'.

Pain management methods:

Speak to your GP/pharmacist about some pain medication if needed. Cold/heat packs 10-15 minutes daily and/or after exercise – ensure wrapped in damp towel or through clothing to prevent ice burns if using cold packs.

Exercises:

If your symptoms increase/worsen then we suggest you seek advice from the physiotherapist and stop exercises if unable to manage.



Static Quad Exercise

- Straight leg
- Press knee down into floor/bed
- Hold for 10 seconds
- Relax



Repetitions.....

Inner Range Quad Exercise

- Place a rolled up towel or pillow under your knee
- Press the knee down into the towel/pillow
- Lift up your foot at the same time to straighten the leg
- Hold for 10 seconds
- Relax



Repetitions.....

If your knee is feeling stiff or if you are limited to bending your knee, we recommend you carry out some gentle heel slides. Elevate your legs, slowly bend your knee sliding your heel up towards you and then straighten out again. This will help movement of your knee and also ease off any swelling/stiffness around the knee joint. Repeat 10x little and often.