

Keeping Active With Osteoarthritis Knee Pain

Know the Facts

Myth: Osteoarthritis knee pain means it's time to slow down

Truth: Exercise is key to keeping knee pain under control

The Facts

- OA is one of the most common causes of knee pain
- Nearly 1 in 2 adults are at risk
- There are over 10 million OA knee pain sufferers in the U.S.

What is OA of the Knee?

- Cartilage protecting the ends of bones deteriorates
- Synovial fluid that cushions and lubricates the joint breaks down
- Bone may rub against bone
- Bone spurs may develop
- Usually develops slowly but gradually worsens over time



What are the Symptoms?



- Pain can range from mild to severe
- Grating sensation in the knee during movement
- Joint swelling
- Joint stiffness after periods of rest
- Loss of range of movement

OA is Not Just for the Elderly

The average age of knee OA diagnosis dropped from 72 in 1990 to 56 in 2010

Risk factors include:

- **Knee injury** – 3 to 7 times more likely to develop OA
- **Obesity** – increases the risk of knee OA
- **Genetics** – family history of OA



The Stages of Osteoarthritis



- Described either as a Grade (Grade 1 - Grade 4) or as mild, moderate, or severe
- Pain level and stage are not always connected
 - Mild OA with considerable pain
 - Severe OA with little pain
- Discuss your pain and other symptoms with your doctor

The Stages of Osteoarthritis

Mild OA

- Cartilage surface begins to wear down
- Symptoms are generally mild
- Occasional pain and brief morning stiffness



The Stages of Osteoarthritis



Moderate OA

- Joint cartilage continues to wear away
- Joint fluid loses its ability to lubricate and cushion the knee
- Bony growths or spurs form on edges of bones
- Moving may become painful

The Stages of Osteoarthritis

Severe OA

- Cartilage totally wears away
- Bones rub together
- Pain is more constant and severe
- Ability to perform daily activities diminishes



The OA Cycle



Break the Cycle

No cure for OA, but you can reduce symptoms and manage pain with:

- Modified activity to reduce stress on joints and strengthen muscles
- Exercise
- Weight Control
- Other treatment options



Your Treatment Options



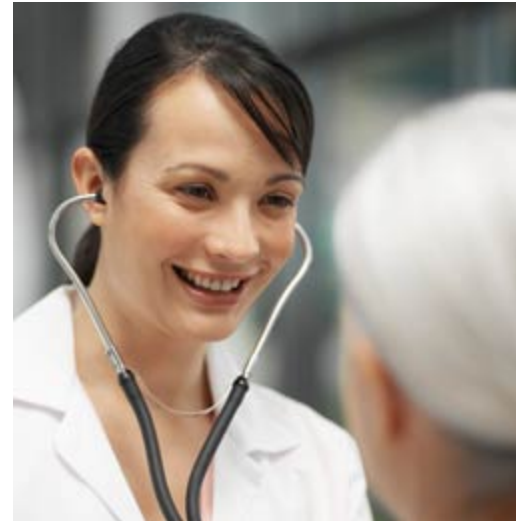
Pain Medications:

- Over-the-counter and prescription-strength pills and topical creams to reduce knee pain

Your Treatment Options

Viscosupplements

- Knee injections that supplement your knee fluid to relieve OA knee pain
- 3-5 injections were once required, more recently approved products are one injection



Your Treatment Options



Steroid Injections

- Injections that reduce inflammations and relieve pain

Surgery

- Considered for severe knee pain when other treatments have not provided relief

The Importance of Staying Active



- Exercise lubricates and nourishes the joint surface
- OA limits your knee joint's internal shock absorbers
 - Joint relies more on external shock absorbers – your muscles

The Importance of Weight Loss



- 1lb lost = 4lbs less pressure on the knee
- Small amounts of weight loss can lessen OA knee pain

Not All Exercise is Created Equal



- OA knee pain sufferers should:
 - Avoid high impact activities like running and jumping
 - Try low impact exercises like:
 - Walking, stationary bike, or elliptical machine
 - Water aerobics or swimming
 - Explore specific leg exercises that build important thigh muscles

Remember, always talk to your doctor before starting an exercise regimen.

Know the Facts



Myth: People with osteoarthritis knee pain should cut back on exercise

Truth: If you have OA of the knee, it's more important than ever to stay active