

Knee Osteoarthritis

What is it?

This is a normal, age-related change where the protective cartilage in the knee thins out, and the underlying bone reacts. It is like "grey hair" for your joints. While it can't be reversed, the pain can be significantly reduced by strengthening the muscles that support the knee.

"Motion is Lotion." Many patients fear wear and tear, but loading the joint actually stimulates synovial fluid production and cartilage health.

Advice:

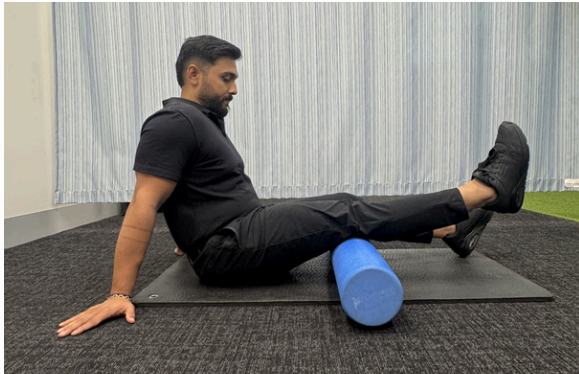
- **Pacing:** Break up activity. If a 1-hour walk hurts, try three 20-minute walks.
- **Shoes Matter:** Wear supportive, cushioned shoes (runners) rather than flat sandals or hard boots.
- **Avoid Deep Squats:** Keep knee bends above 90 degrees to reduce pressure.

Early Management Exercises:

- **Sit-to-Stand:** From a chair, stand up and sit down without using hands. Repeat 10 times.



- Inner Range Quads: Place a rolled towel under the knee while lying down. Push knee into towel to lift heel. Hold 5s.



- Calf Stretch: Lean against a wall, back leg straight, heel down.



Let us help you strengthen your knee and get back to doing what you love—book your assessment today.