



Knee Arthritis

Arthritis means "joint inflammation." It causes pain in the joints. There are many types of arthritis, but osteoarthritis is the most common type. Osteoarthritis is more likely to develop as people get older.

Patients who have osteoarthritis of the hip sometimes have problems walking. Pain can appear in different locations, including the groin, thigh, buttocks, or knee. The pain can be stabbing and sharp or it can be a dull ache, and the knee is often stiff.

Symptoms:

- Joint stiffness with getting out of bed or after prolonged sitting
- Pain, swelling, or tenderness in the knee
- A sound or crunching (bone on bone) feeling when bending the knee
- Inability to move the knee to perform routine activities (getting out of a chair)

Treatment:

The goal of treating osteoarthritis is to improve the person's mobility and quality of life. This includes improving the function of the hip and controlling pain. Treatment involves:

- Rest and joint care
- Use of an assistive device (such as a cane or crutch) to take weight off the affected leg
- Anti-inflammatory pain relievers
- Losing excess weight
- Exercise
- Surgery
- Physical Therapy

Prevention:

- Maintain a healthy weight
- Exercise to strengthen muscles around joints to help prevent wear and tear on cartilage in a joint