

OSTEOARTHRITIS OF THE KNEE

Osteoarthritis (OA) is considered a normal aging process. Joints change with age, and wear and tear can occur. Previously smooth cartilage on the joint surfaces can become roughened making your knee feel stiff and difficult to move, can cause crepitus (creaking) in the joint. The usually strong quadriceps muscle on the front of the thigh can become weakened and you may notice a decrease in muscle bulk.

These changes need not be serious. In most cases simple exercises and thinking positive can help. Remain active!

It is important to do some light exercise daily but not to overdo things:

- Walking 20 minutes
- Swimming
- Cycling on flat
- Avoid going up and down stairs unnecessarily and lifting heavy weights.

Recommendations

- **Sitting**

- Use an upright chair
- Gently bend and stretch the knee to avoid stiffening up
- If necessary while resting use a towel rolled behind the knee
- Avoid sitting for long periods of time

- **Driving**

- Adjust the seat into the correct upright position
- Avoid travelling too far in one go- break up a long journey
- Avoid sitting in the back where leg room may be restricted

- **Sleeping**

Avoid using a pillow underneath your knees- this can cause the muscles to shorten making it difficult to straighten your leg.

Avoid: Squatting and kneeling as this puts excessive strain through the knee joints.

Remain active!!