



## The Arthritic Knee

Osteoarthritis is wear and tear of the joints of the body. The surface of the joint is damaged with the surrounding area developing bony outgrowths.

Osteoarthritis in the knee is a very common form of this disease and affects different people in different ways.. Although pain can be a problem for some sufferers, it is lack of mobility, difficulty in walking that many find a problem.

### How do I know if I have knee arthritis?

- You will probably experience pain that is variable – good days and bad days.
- Changes in the weather can make a difference.
- You are likely to feel more stiffness in the knee first thing in the morning.
- There is likely to be a bony swelling and restricted movement
- The thigh muscles are usually thinner and therefore weaker than normal
- Your knee can give way due to weak muscles or damaged ligaments.

### How can Physiotherapy Help?

At the Wye Physiotherapy Practice we treat many people with arthritis.

- We advise people on strengthening exercises for the thigh muscles.
- We provide walking aids if necessary.
- We use electrotherapy modalities to help with pain relief.

Most importantly, we advise on self-help programmes to maintain strength, fitness, range of movement and so assist people with all activities of daily living.

### What else can I do to help myself?

Seek medication advice from your Doctor.

Lose weight if you are overweight

Avoid sitting in one position for too long. Get up at regular intervals to walk around.

Do not place pillows under your knee at night. This will affect the muscles and may leave the knee permanently bent.

Heat in the shape of a hot water bottle or warm bath can help with the pain.