



“  
TAKE CONTROL OF  
YOUR KNEE PAIN, AND  
GET BACK TO DOING  
WHAT YOU LOVE

”



## Contact us

**Knee OA doesn't have to slow  
you down. Let us help!**

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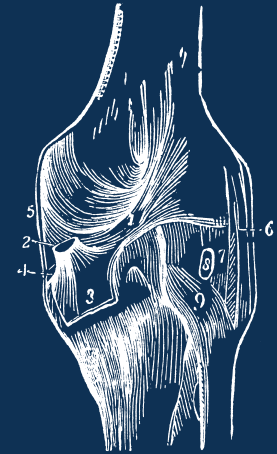
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## Knee Osteoarthritis (OA)

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Osteoarthritis (OA) is the most common form of arthritis, affecting an estimated 302 million people worldwide, and is the leading cause of disability among older adults.

Learn how exercise and physiotherapy can help with your knee osteoarthritis.

# ABOUT KNEE OSTEOARTHRITIS

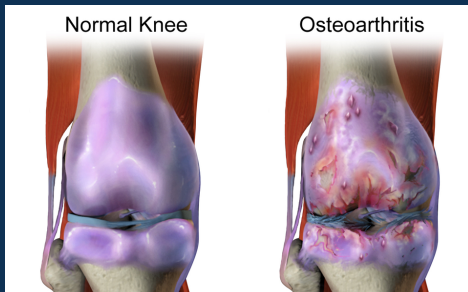
## HISTORY

Osteoarthritis (OA) results from wear and tear and the gradual loss of cartilage in the knee joint. Risk factors for knee OA include:

- Previous injury to the joint
- Family history
- Joint instability
- Weak muscles
- Obesity

## SIGNS & SYMPTOMS

- Gradual onset of knee pain
- Pain or stiffness in the morning, after sitting, and after activity
- Decreased range of motion
- Decreased walking distance/endurance
- Inability to do stairs
- Clicking or cracking when the knee bends



## ANATOMY

OA affects the articular cartilage, which protects the surfaces of the bones where they meet in the joint. When the articular cartilage wears away, bony surfaces will start to be affected and rough bone spurs will develop, causing pain and stiffness.



## 1) Pain Management

Address pain and swelling by elevating the leg and **applying ice** to the affected knee. Ice helps to reduce swelling caused by OA, and can improve pain.

**If symptoms persist, be sure to follow up with a physiotherapist.**



## 3) Strength

Once mobility has improved, start strengthening your muscles with **chair squats**. These should be performed next to a wall or railing that you can use to keep your balance. Stand with feet shoulder-width apart and bend down until your butt makes contact with the chair, and then stand back up. Be sure the knees do not cave in together, perform these with control. Perform 10 squats 3 times.



## 2) Mobility

After your pain is managed, you can start working on mobility with **assisted knee bends**. Lay on your back with your affected knee bent and your foot flat on the floor. Using your other leg to assist, bring the heel of your affected knee towards your bum to increase the bend at the knee. Hold this for 15 seconds and repeat 3 times.



## 4) Functional/Sport

Perform **side steps** by placing a resistance band around your knees and separate your feet to shoulder-width apart. With your knees and hips slightly bent, step to the side with the right foot, being sure the knees don't cave in. Step with the left foot to bring your stance back to shoulder width. Take a few steps in one direction, then in the other direction. Do this 3 times until fatigue (cannot maintain proper form).