






KNEE OSTEOARTHRITIS

WHAT TO KNOW

- 1 DO NOT PANIC!** "Osteoarthritis" or "degenerative joint changes" is a normal imaging finding.
- 2 YOU ARE NOT YOUR IMAGE!** Studies show imaging findings are poorly correlated to pain.
- 3** Exercise is **SAFE** for your knee and can prevent other mortality risks associated with inactivity.
- 4** Developing healthy habits with diet, exercise and sleep can help with **WEIGHT LOSS**, this has proven to decrease knee pain with OA.
- 5 CONSISTENT**, incremental increase in exercise can decrease pain and increase function even in the short-term!

WHAT TO DO

-  Try walking, even for a short duration more frequently throughout the day.
-  Bend and straighten your knee frequently even in sitting to maintain or improve motion tolerance.
-  Try standing up frequently from a chair or squatting with or without support, to build load tolerance in your knee(s).
-  Stay consistent, if you get sore, it is okay! Dial activity back a bit and keep at it.
-  Stay positive and increase physical activity frequency as your tolerance grows!

Visit us or call at
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to schedule

