



## SEEKING HELP

A Physiotherapist will do a thorough assessment of your knee and establish the specific treatment required to ease your symptoms and implement a movement and strengthening program rebuild your strength.

## MEDICAL HELP

Medical input is sometimes required along side your Physio management.

This may include:

- Pain Medication
- Injection (Cortisone, Synvix, PRP, Stem Cell all with varying degrees of evidence)
- Surgery
  - Arthroscopic Surgery if you are experiencing locking
  - Joint Replacement surgery if your knee pain is severely impacting your quality of life and conservative treatment hasn't worked for you.

## WHAT IS KNEE OSTEOARTHRITIS

- Osteoarthritis, is a condition where cartilage, the natural lubrication of the joint undergoes some degenerative changes.
- When this happen as a result of a traumatic injury such as an ACL rupture, over repetitive micro trauma or overload due to genetic factors or being over weight.
- This joint changes cause increased joint friction and can result in pain, swelling and stiffness.

## COMMON SIGNS + SYMPTOMS

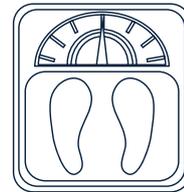
- Knee pain that increases on activities especially weight bearing activities such as stairs, walking and running.
- Swelling in the knee joint
- Stiffness - especially in the morning or when you have been sitting for a prolonged period
- Decrease in mobility of the knee, making it difficult to get in and out of chairs or cars, use the stairs, or walk

## PHYSIO REHABILITATION

First line treatments include:



Therapeutic exercise



Weight control



Education

- Exercise therapy has strong evidence to suggest it improves health related quality of life and knee related quality of life.
- Your Physio will prescribe exercises that are below your level of irritation and slowly build up your tolerance and load step by step.

## TIMEFRAME

- The success of treatment is reliant on doing your exercises and getting stronger
- Sustainable strength changes takes 12 weeks, so we need to be patient and trust the process.

