

TIPS AND ADVICE

- ✓ Exercise is GOOD for you and will help strengthen the affected area.
- ✓ Running has been proven to be GOOD for Osteoarthritis affected knees.
- ✓ Knee surgery is often a last resort for this condition and few people ever need it.
- ✓ Exercise WILL NOT create further damage. If anything it will SLOW IT DOWN.
- ✓ Load management is key to successful outcomes.
- ✓ The long term prognosis is really positive for this condition as we know so much more now.

BODYLOGICS
Health and Fitness Clinic

To find out more and for more information:

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KNEE OSTEOARTHRITIS UNDERSTANDING WHAT IS AND WHAT CAUSES THE PAIN

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WHAT CAUSES MY PAIN THEN?

The medical understanding now is that your pain is a result of inflammatory markers within the joint. The joint suspects something is wrong (the cartilage coming closer together) so it creates a response which is to help repair and solve the presenting issue.

This leads to inflammatory cells (your body's defence system) migrating to the affected area in order to try and help.

This cycle then creates the constant pain cycle that we feel when trying to do activity and daily living activities.

BUT, there are some things you can do to help.....



WHAT IS KNEE OSTEOARTHRITIS?

Osteoarthritis is characterised by a narrowing of the knee joint bones between the thigh bone (femur) and your shin bone (tibia). This narrowing of space can then lead to the cartilage from both bones coming into contact with each other to produce what is sometimes commonly referred to as 'bone on bone'.

HOWEVER, this term 'bone on bone' is not as catastrophic as some may think. Contrary to popular belief, cartilage has very little sensation and therefore the cartilage itself does not create pain....



WHAT CAN I DO TO STOP IT FROM HAPPENING?

Unfortunately, once Osteoarthritis has set in it is near impossible to reverse it. You can though do things to slow down the process.

Regular exercise, within your tolerance levels, have shown great outcomes in slowing down the degenerative changes seen in Osteoarthritis.

By strengthening the joint and surrounding muscles you will ultimately reduce some of the load going through the joint and therefore restore some 'normality', therefore reducing the over production of inflammation cells which ultimately reduces levels of pain.