

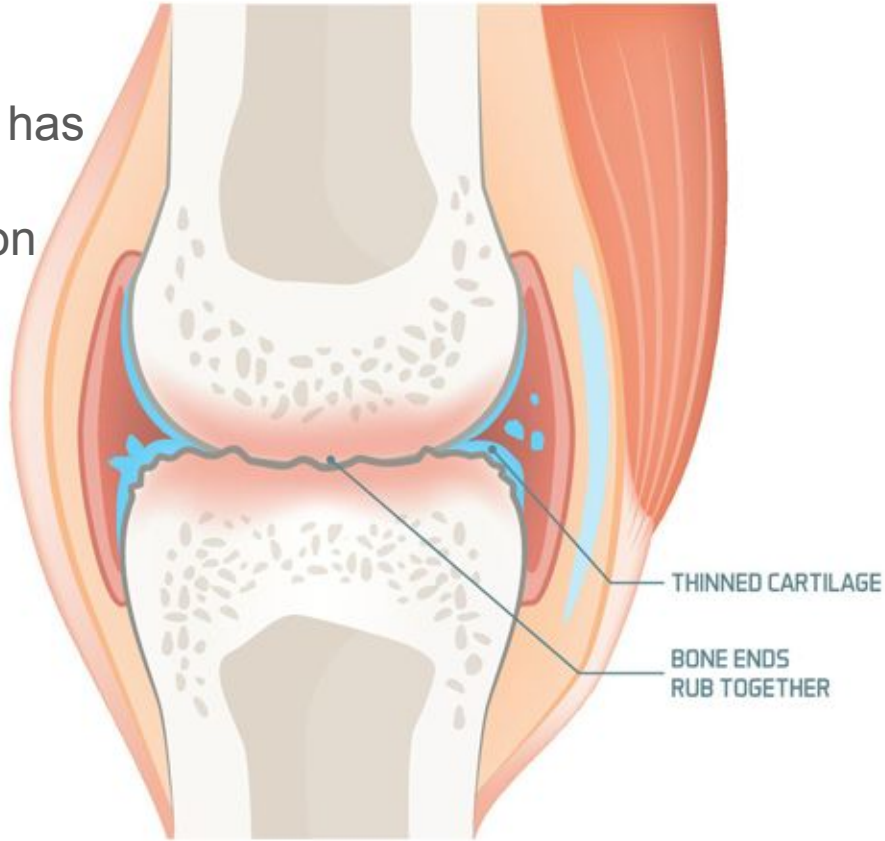
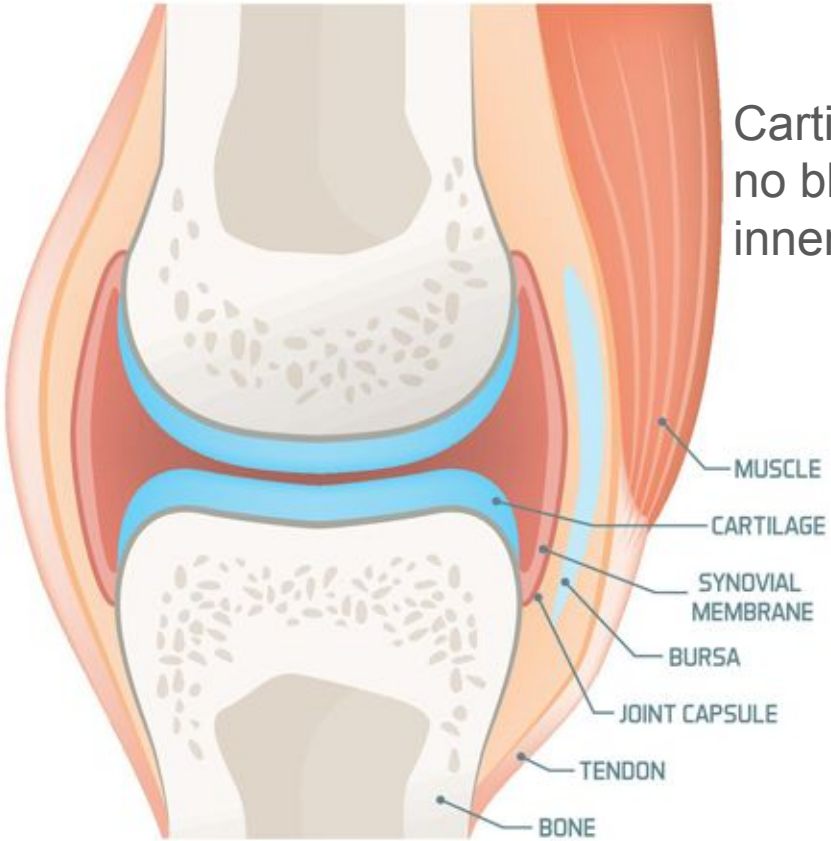
Osteoarthritis

also known as degenerative joint disease

The most important thing you need to know about osteoarthritis

- Joint disease that begins slowly and often worsens gradually over many years.
- Why? An imbalance between the build-up and breakdown of the articular cartilage, where the breakdown is faster than the build-up.
- Other parts of the joint can also be affected, such as the joint capsule, ligaments, muscles and underlying bones.
- The joints most often affected are the hip, knee and fingers.
- The most common symptom is pain when you load the joints. Other symptoms are pain startup pain, stiffness, reduced mobility and reduced muscle strength.
- With the right efforts and physical activity, it is possible to influence how the disease develops.

Cartilage has no blood innervation



HEALTHY JOINT

OSTEOARTHRITIS

Risk factors

Genes - Heredity is behind 30–50 percent of the risk of getting osteoarthritis, especially for women.

Sex - Women get osteoarthritis to a greater extent than men.

Age - More older people than younger people get osteoarthritis.

Weight - Being overweight means an extra load on the joints.

Physical load - Physical activity that unilaterally loads the joints more than normal increases the risk of osteoarthritis.

Injuries - If you have had a meniscus or cruciate ligament injury, you run a greater risk of developing osteoarthritis.

Combination - For people who belong to several of the groups above, the risk increases significantly.

Diagnoses

There is **no single test for osteoarthritis**

Patient history

Joint stiffness; difficulty moving; joint cracking, creaking, or crunching; pain that is relieved with rest; start up pain.

Clinical findings - Demonstration

Reduced range of motion both active/passive, bone enlargement, crepitus, tenderness may be present at joint lines, and there may be pain upon passive motion.

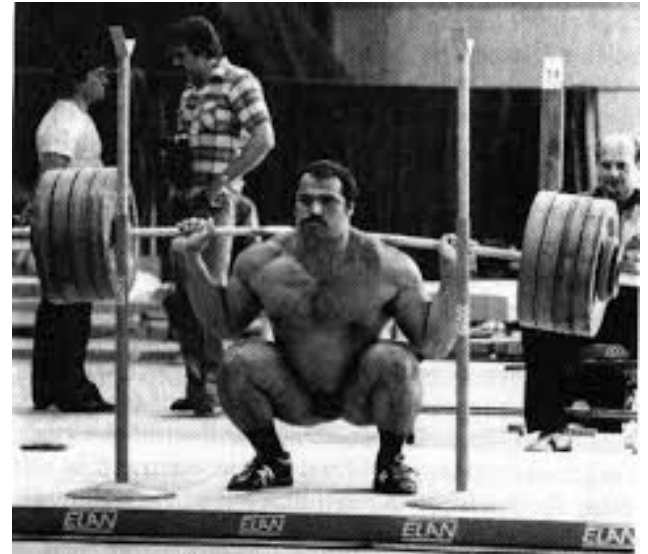
X-ray (loaded joints): Doesn't always show clear signs for osteoarthritis in early stages.



Treatment

There is **no permanent cure for osteoarthritis**, but many people with osteoarthritis can manage their symptoms effectively. This can help them continue with daily activities and live healthy and enjoyable lives.

- **Healthy diet**
- **Regular exercise**

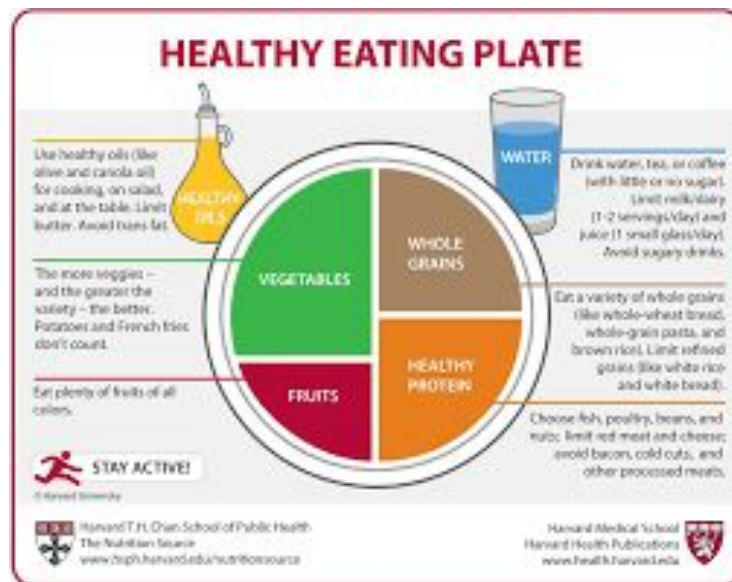


Healthy diet

There is no diet that will cure osteoarthritis. A **balanced diet** including helps to keep you healthy. **Extra body weight increases stress on many joints** — especially your knees, hips and lower back. If you are overweight, losing weight can help decrease pain and limit further damage to your joints.

Balanced diet:

- vegetables and beans
- fruit
- grains
- lean meat, poultry, fish, eggs, beans, tofu, nuts, seeds
- milk, cheese, yogurt or alternatives



Regular exercise

Regular exercise is one of the most effective treatments for managing osteoarthritis. It keeps your joints and muscles healthy and flexible and can reduce pain. Exercise helps prevent other health problems as well.

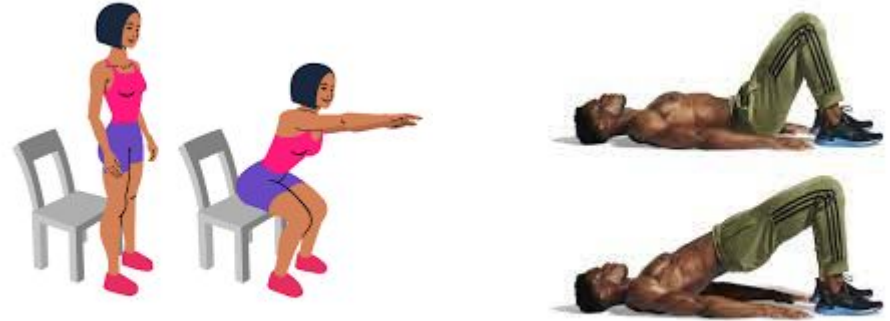
In general, your exercise should include:

- Joint movement — to help maintain or improve your range of motion.
- Muscle strengthening — Strengthening exercise increases muscle strength which takes pressure off your joints, strengthens your bones and improves your balance
- General activities activities like brisk walking, swimming and biking — to improve your general fitness and the health of your heart and lungs



Example of exercises

- Supine bike sliding
- Bridge
- Chair stand
- Squat
- Step up
- Balance



Dose: 10 x 2-3, at least 3 days/week.

If the pain during activity is unbearable or you have more pain 24h after activity - decrease the load/duration.

Summary

- Joint disease caused by imbalance between build-up and breakdown of the articular cartilage
- Painful and unpleasant - not dangerous in itself
- No permanent treatment but symptoms could be effectively managed by regular exercise