



## OSTEOARTHRITIS: HIP and KNEE

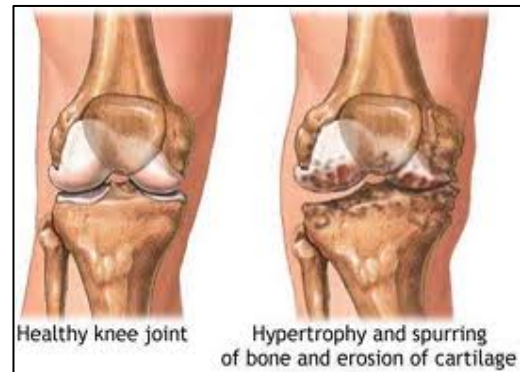


### **What is osteoarthritis?**

Osteoarthritis is the most common joint disorder and can occur in most joints in the body, including the knee and hip. It is characterized by degeneration over time, loss of cartilage that cushions the joint, and by bony changes at the edges of the joints and in the ends of the bone.

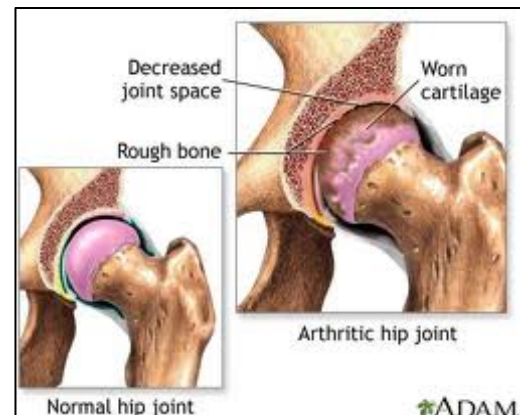
### **What are common signs and symptoms?**

- Joint pain and tenderness to touch
- Stiffness, especially in the morning
- Joint swelling and warmth
- Decreased ROM and strength



### **What are possible causes?**

- Obesity and inactivity are risk factors
- Incidence increases with age and is more common in women
- General “wear and tear”
  - Cartilage that normally cushions joints breaks down and wears away
  - Bones rub together and extra bone forms
  - Ligaments and muscles become weaker and stiffer.



### **How does physical therapy treat it?**

- Protecting the joint – ice, shoe wear
- Strengthening and stretching – hip and knee muscles
- Manual Therapy – massage, distraction, mobilization
- Balance and gait training
- Modalities – electrical stimulation, ultrasound, cold laser therapy
- Low impact aerobic exercise – bike, swimming

**\*\* Some patients will decide to have a total hip or knee replacement and the physical therapy after these surgeries is similar. \*\***