

OSTEOARTHRITIS KNEE BASICS



Cartilage is the slippery tissue in joints that absorbs shock and allows bones to move smoothly against each other.

The degeneration of cartilage, caused by excess weight, overuse, injury, or age, is osteoarthritis.

SIGNS & SYMPTOMS

PAIN

STIFFNESS

ACHING

SWELLING

DECREASED
RANGE OF
MOTION

RISK FACTORS



Joint injury or overuse

Age - OA is rare in young adults.



Gender - Women are more likely to develop OA than men, especially after age 50.



Weight - Being over ideal weight increases odds of developing OA.



Genetics - Family history of OA increases the risk of developing OA.

For more information call 858-753-6349