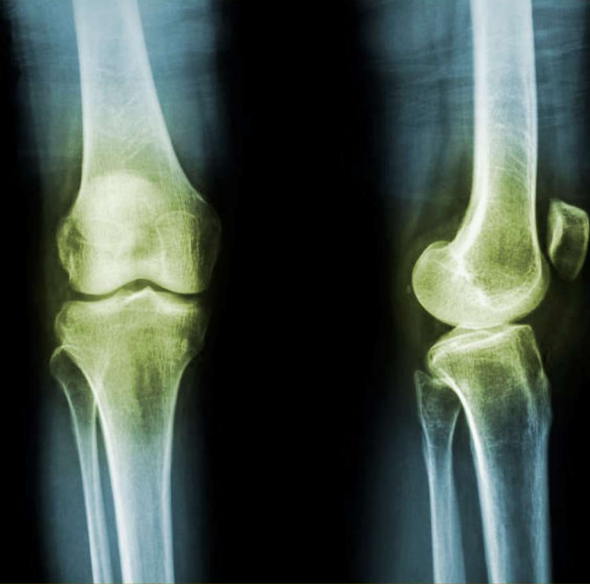


# KNEE OSTEOARTHRITIS



The knees are the largest, strongest and primary weight-bearing joints of the body. Due to the large mechanical force that they endure over time, they are more susceptible to the effects of osteoarthritis. Osteoarthritis is commonly referred to as the “wear and tear” disease. However, the Osteoarthritis Research Society International recently re-defined osteoarthritis as the body’s failed attempt to repair damaged joint tissues.

## DID YOU KNOW?

Osteoarthritis is the most common form of arthritis, affecting 3 million Canadians, which represents 1 in 10 adults. Arthritis costs the Canadian economy an estimated \$33 billion per year in health care and loss productivity. Even more concerning, this number is expected to more than double by 2031, increasing to a \$67 billion cost.

## PHYSIOTHERAPY CAN HELP!

The physiotherapists at Willow Health Centre are dedicated in providing **Evidence-Based** care in order to:

- Reduce pain
- Improve range of motion
- Improve strength, standing balance and walking ability
- Speed healing and return to an active lifestyle

The physiotherapists at Willow Health Centre empower patients through education and early active return to function.

## KNEE INVOLVEMENT

Knee osteoarthritis is one of the most common forms of osteoarthritis diagnosed in Canadians. Of those diagnosed, 29% experience knee pain and 29% experience knee and hip pain.

## WHY IS OSTEOARTHRITIS TREATMENT SO IMPORTANT?

Osteoarthritis is a progressive disease that tends to worsen over time. But, the right treatment can slow progression and keep joints as healthy as possible for as long as possible.

# KNEE OSTEOARTHRITIS



## BEST PRACTICE EVIDENCE

- Physiotherapy treatments including manual therapy and supervised exercise therapy were shown to be twice as effective as a home exercise program in the improvement of pain, stiffness and function in patients with knee osteoarthritis.<sup>1</sup>
- Physiotherapy treatments including manual therapy and supervised exercise therapy are effective in improving pain, dysfunction, stiffness and walking distance in patients with knee osteoarthritis.<sup>2</sup>
- Manual physical therapy and supervised exercise therapy are effective in improving self-perceptions of pain, stiffness and functional ability and may prevent the need for total knee replacement for patients with knee osteoarthritis.<sup>3</sup>
- Formally prescribed exercise therapy is as beneficial as NSAIDs in patients with knee osteoarthritis.<sup>4</sup>
- High quality evidence demonstrates that land-based exercise programs are effective in reducing pain and improving quality of life in patients with knee osteoarthritis.<sup>4</sup>
- Aerobic, aquatic and/or resistance exercises are strongly recommended in the management of knee osteoarthritis.<sup>5</sup>
- Arthroscopic surgery in patients with knee osteoarthritis offers no additional benefit to physical and medical therapy.<sup>6</sup>
- Arthroscopic debridement and lavage surgery compared to sham arthroscopic surgery provided no difference in improving pain, ability to walk or climb stairs in patients with knee osteoarthritis.<sup>7</sup>

Consider referring to Willow Health Centre when patients present with knee osteoarthritis! We are dedicated in providing **Evidence-Based** care, using the best of the best rehabilitation techniques to ensure patients meet their goals for a pain free and active lifestyle.

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