

# Knee osteoarthritis

Osteoarthritis is the progressive degeneration of joint cartilage. As people age, this issue tends to become more noticeable, and it can be exacerbated by carrying excess weight. This condition can result in discomfort, particularly when ascending or descending stairs, rising from a seated position, or after remaining stationary for an extended period (e.g., upon waking in the morning).

## What can be done?

**Do not overload your knees.** Do not strain yourself when they hurt. When you are in the painful stage, avoid walking too much or using stairs. Wait for the pain to improve before going back to normal activity.

Take short breaks throughout the day. Carry a cane in the hand opposite the knee that is most affected; this will reduce pain and give you stability. Knee braces can make the pain worse because they constrict, although some people feel more stable with them.

Sit in high chairs with armrests. Getting up will be easier.

Do not kneel or squat.

It is recommended that participants wear comfortable, sturdy shoes with good cushioning. It is advisable to refrain from wearing high heels.

Losing weight, if you are overweight, will reduce discomfort.

In the event of knee swelling, apply a cold compress to the affected area to alleviate discomfort.

You can take painkillers such as paracetamol and, in some cases, anti-inflammatories (consult your family doctor).

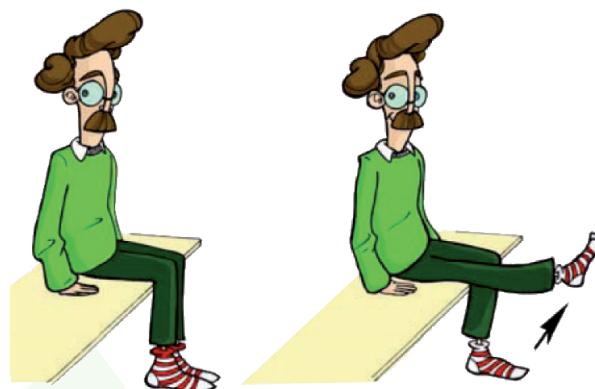
In cases of severe pain and disability, surgery to implant a knee prosthesis may be a viable option.

## Rehabilitation exercises

Participating in an exercise program has been shown to enhance knee strength, endurance, and function. It has also been demonstrated to alleviate pain and can be as effective as medication for reducing inflammation.

It is recommended that you engage in regular physical activity, such as walking on flat ground, cycling, dancing, swimming, or exercises in the pool. This process should be continued as long as there is no discomfort. Gradually increase the duration to 45–60 minutes, 3 to 5 days a week.

It is essential to move, stretch, and strengthen joints affected by osteoarthritis on a daily basis to maintain flexibility and strength.



While seated at a table, flex your leg. When executed properly, this movement can add weight to the ankle.

Then wiggle your toes back and forth.

Lying on your back with your legs extended, point your toes toward your head, ensuring that your knees are firmly pressed against the floor.

