

Hip and Knee Osteoarthritis (OA) Health Facts



- Cartilage requires load to regenerate and adapt
- Patient education regarding OA pathology, symptoms and gradual loading is important for client outcomes
- Muscles strength is important in supporting/stabilising an OA affected joint. It also helps with improving endurance and participation in physical activities
- Decreasing your weight if you are overweight will decrease joint load and make it easier to perform daily tasks
- Pain can be worse initially when exercising with OA, it is not dangerous or harmful
- Diagnosis of OA is determined by client history, symptoms, risk factors and overall clinical picture
- An Xray is not always able to determine early to moderate OA joint changes. Later stages of OA can be seen on Xray.