

DISCLAIMER

All materials provided are for information only and do not necessarily reflect the views or positions of Riverside County Medical Association (RCMA) nor do they necessarily represent or create a standard of care with respect to the practice of medicine. If you have questions, please direct those questions to the original source and authors of those materials who did the research and writing.



OA of Knee

By: Jerry Hizon, MD



OA of Knee (Osteoarthritis)

- Breakdown in cushioning (cartilage) of knee
- Loss of normal fluffiness (aka: “Old Mattress”)
- Loss of normal fluids



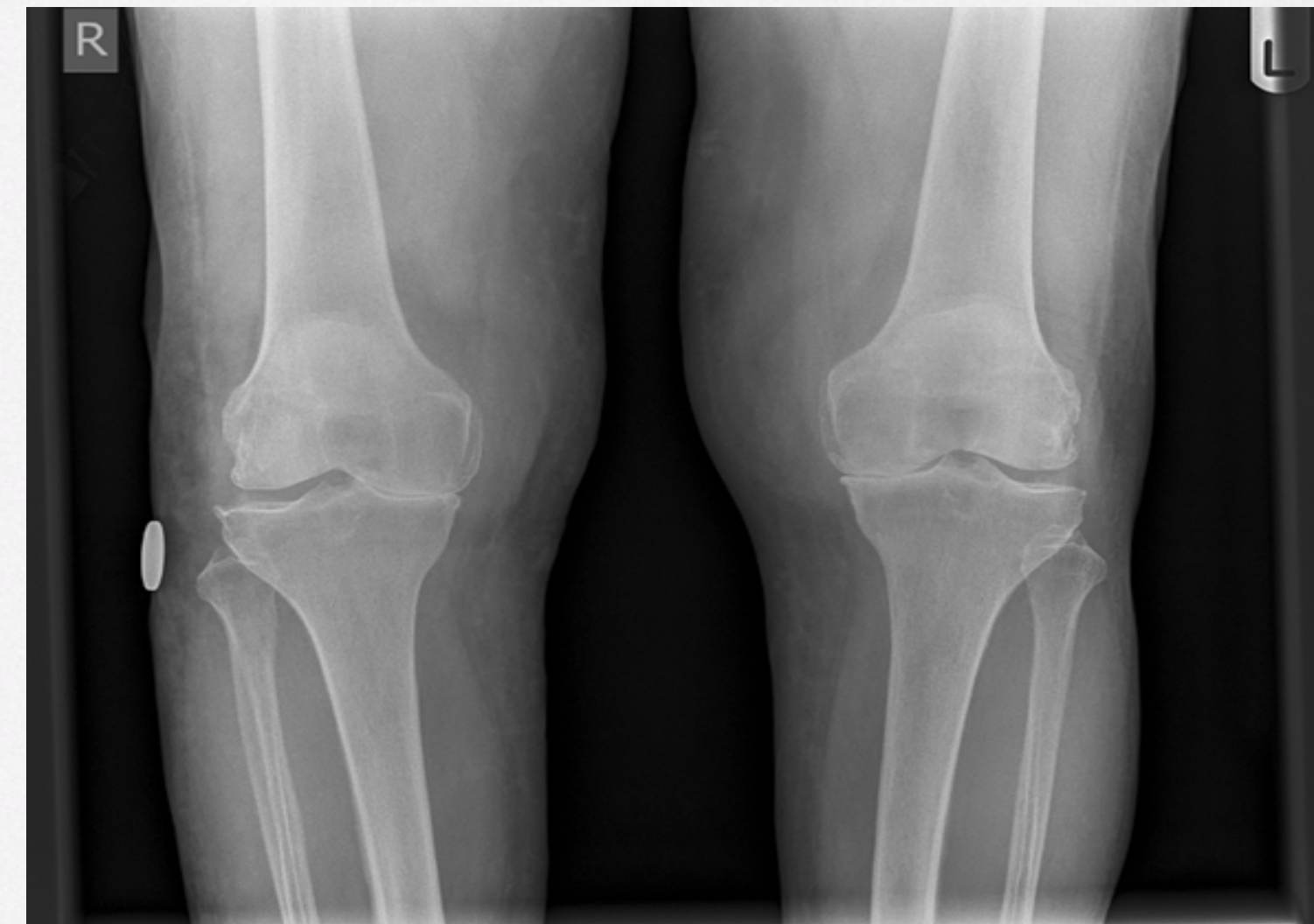
Causes of OA of Knee

- Weight gain
- Too much activity
- Running hard downhill (6x bodyweight)
- Trauma
- Previous surgery
- Family history
- Smokers



Diagnoses of OA of Knee

- History of knee tenderness
- Worse at night/with use
- Swelling/Stiffness/Bending
- Examination
- X-Rays
- MRI (rare)



Treatment of OA of Knee

- Avoid aggravating activities
- Weight loss/Obtain ideal body weight
- ICE 15 minutes up to three times/day
- Indoor cycling/Spinning
- Medications
- OA knee brace
- Home exercises/Formal Physical Therapy
- Injections-steroids/ultrasound guided prp
- Surgery-(rare) scope/fusion/replacement

