

PT Center
PHYSICAL THERAPY AND SPORTS MEDICINE

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How to Identify & Treat Knee Arthritis

Health & Wellness Newsletter

Have you started to notice that your knees seem to be stiff and sore? Do you notice popping, clicking, or grinding sounds with squatting or climbing stairs? Are you experiencing pain that is worse in the morning but disappears throughout the day? You could be living with arthritis.

At the Physical Therapy Center, you can find solutions to your arthritic pain and get back to living the life you enjoy!

If you live with stiff, achy, or painful knees, contact the Physical Therapy Center today to schedule a consultation.

Our dedicated physical therapists will evaluate you, determine the areas of your daily life that are impacted, and create an individualized treatment plan for relieving the arthritic pains in your knee(s).

What Type of Arthritis Affects The Knee Joint?

Arthritis refers to any chronic condition that affects the cartilage of the joints. The main signs and symptoms include pain, inflammation, loss of motion, and impaired function. The Arthritis Foundation states that over 100 different types of arthritis exist.

Osteoarthritis is the most common type of arthritis found in the knee. This type of arthritis leads to a gradual breakdown of cartilage in the joints. This can occur from age, injury, or repetitive use of the affected joint(s).

When worn down, cartilage can no longer act as a cushion and shock absorber for the joints, resulting in bone-on-bone friction and painful inflammation.

Although aging is one of the most significant risk factors for osteoarthritis, obesity is also a significant contributor to developing osteoarthritis. Obese patients carry extra weight that increases the pressure through the joint and adds to cartilage breakdown.

Recent research suggests that unhealthy diets (i.e., processed foods, high sugar content, etc.) are associated with increased inflammation throughout the body. This inflammation increases the likelihood of experiencing knee pain than patients with healthy weight and diets and similar cartilage damage.

There are also physical risk factors associated with increased knee osteoarthritis, including:

- Injury to the joint
- Participation in certain occupational activities (i.e., repetitive movements like bending or prolonged positions like sitting/driving)
- Participation in sports (i.e., contact sports)
- Thigh flexor muscle weakness and knee osteoarthritis

Stop letting pain get in the way. Give us a call or visit physicaltherapycenter.org today!

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Common Symptoms of Knee Arthritis

It can sometimes be challenging to determine if you are genuinely experiencing arthritic symptoms or if you simply have a joint that is irritated from prolonged positions or from being overworked.

The most common signs and symptoms of knee arthritis include:

- Pain in the affected joint, which may spread to surrounding soft tissue
- Stiffness that leads to loss of motion
- Inflammation including warmth/heat around the joint
- Joint creaking and pain with movement (especially when weight bearing)
- Abnormalities in gait (such as limping)
- Weakness of the muscles surrounding the joint

If you have been suffering and looking for relief, do not hesitate to contact us today before your condition worsens.

How Physical Therapy Can Help Arthritis

Regardless of the cause of arthritis, physical therapy plays a significant role in treating its symptoms. Physical therapy should always be the first treatment method before resorting to more aggressive procedures, such as surgery.

Your knee treatments will consist of a thorough history to understand more about your typical daily schedule and the everyday demands on your body. We want to get an idea of your overall health status, including factors contributing to your condition.

Physical therapy works by reducing the pain and restoring the motion in your joints. Treatments to improve strength, balance, and coordination have also been shown to help people maintain their function. The healthier your knee joints and the stronger your muscles, the less wear-and-tear, thus reducing inflammation and pain.

Your physical therapist will guide you through targeted, goal-specific exercises to reduce inflammation, provide greater support to the joints, and help your muscles regain their overall strength.

Get Started Today!

At the Physical Therapy Center, we are dedicated to treating each arthritic case individually. Each patient will receive a personalized treatment plan based on their specific needs.

Contact us today to get your knees started on the right path to health. Discover how you can move freely once again with the help of physical therapy!

Sources:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832048/
https://www.sciencedirect.com/science/article/pii/S106345841931297X
https://pubmed.ncbi.nlm.nih.gov/25785564/

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Check Out These Tips To Help You Stay Active & Healthy!

★★★★★

"I'm recovering from a total knee replacement - it isn't fun, but since my first day of therapy, the entire staff here has been so fantastic and made me feel so well cared for. They take my recovery seriously and are invested in my hitting my goals - and every single person here has been so friendly and welcoming. I was referred by another client to this location, and I will absolutely recommend to anyone needing physical therapy."

Google 5-Star Review

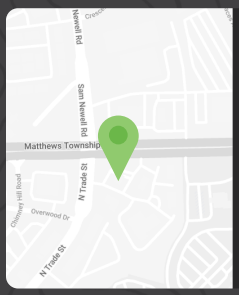
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PT WIRED
www.ptwired.com



Standing March

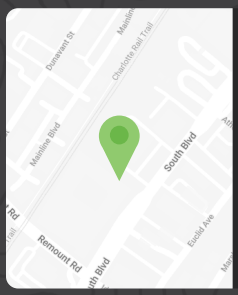
Start by standing up straight (place both hands on the back of a chair for support if needed). Slowly lift one knee up towards the ceiling until it reaches hip height and then lower it back down. Do the same with the other leg keeping the abdominals contracted the whole time. Repeat exercise 10 times.



Matthews Location

1352 Matthews Township Pkwy
Unit 102 - Matthews, NC 28105
(704) 610-1868

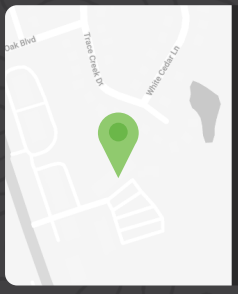
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South End Location

2400 South Blvd
Suite 203 - Charlotte, NC 28203
(980) 303-3991

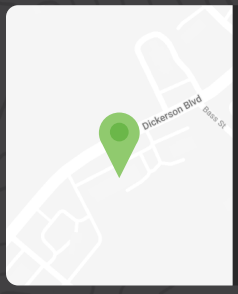
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Waxhaw Location

105 Waxhaw Professional Park Dr
Suite B - Waxhaw, NC 28173
(704) 459-4269

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Monroe Location

1730 Dickerson Blvd
Suite D - Monroe, NC 28110
(704) 459-3794

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