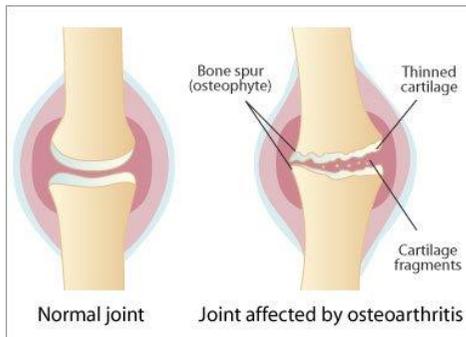


Osteoarthritis



The facts

Osteoarthritis is the most common type of arthritis in the UK. Around one million people see their GP every year complaining of osteoarthritis symptoms (NHS report 2010).

Osteoarthritis is a condition that effects all types of joints in the body, but the most commonly affected are larger weight-bearing joints such as the hips and knees.

Osteoarthritis is characterised by:

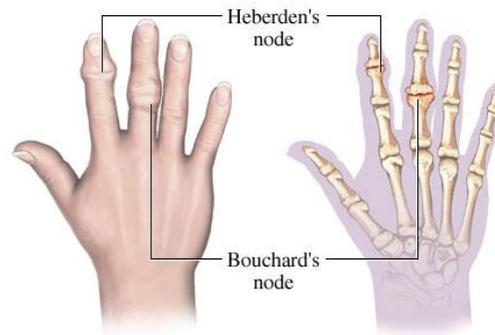
- Mild inflammation of the soft tissues around joints
- Damage to cartilage
- Bony growths that form around the joints

Signs & Symptoms

- Pain
- Stiffness
- Swelling
- Reduced joint movement

Humidity and cold weather can increase pain symptoms. Osteoarthritis can make the joints appear larger. Joints feel better with gentle use and exercise, but symptoms in the joints can become worse with excessive and prolonged use.

Smaller joints, eg, hands and feet, may have extra lumps visible on the outside of the joints. These lumps are called Heberden's Nodes / Bouchard's Nodes.



Types of Osteoarthritis

Primary Osteoarthritis

A degenerative disorder related to ageing. As a person ages, the cartilage inside the joints reduces in size and weakens; this causes a reduction in movement and stiffness. New bone begins to

form around the joints in response to the cartilage reduction. The new bone causes swelling and pain.

Studies show that primary osteoarthritis develops predominantly due to hereditary factors.

Secondary Osteoarthritis

A disorder of the joints that is caused by other factors that are not age-related. The signs and symptoms are the same as with primary osteoarthritis.

Other factors include:

- Trauma
- Obesity
- Lifestyle – physical occupation
- Smoking
- Limited exercise
- Infection
- Diabetes
- Infection
- Post menopause / HRT therapy
- Soft tissue disorders
- Congenital Disorders

Treatment

Lifestyle Modification

Losing weight, stopping smoking, changing demanding occupations and/or undertaking regular exercise.

Physical Treatments

Ultrasound therapy, heat therapy, massaging, taping, braces, orthotics/insoles, electro-stimulation or icing.

Medication

Creams, gels, Ibuprofen, Paracetamol, Volterol, Diclofenac, Codeine or Morphine. These may be prescribed by your GP.

Intra-articular injections

Hydrocortisone injections, ostenil injections, local anaesthetic injections or Hyaluronic Acid injections.

Alternative medicine

Acupuncture, glucosamine, vitamin and / or mineral supplements.

Surgery

An arthroscopy to clear out the fluid and extra pieces of bone, or a total joint replacement.

Exercises

Regular exercises can be performed at home to help reduce pain and stiffness.

How often:

- Every day or alternate days
- For 20 – 30 minutes
- 3 times per week

When to exercise:

- At a specific time and place
- When you have the least pain or stiffness
- When you're not tired

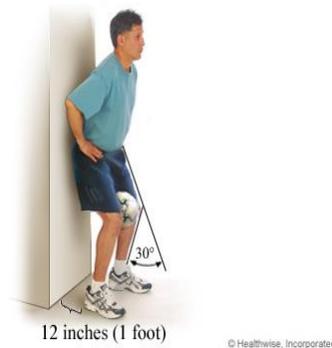
You must stop exercise if you:

- Feel any chest pains
- Feel dizzy or faint
- Become weak
- Have persistent fatigue
- Experience an increase in pain

What type of exercises:



Quad Raises



Squats



Knee Raises

If you have any further questions, or wish to enquire further about minor surgery procedures, **please do not hesitate to contact us.**

The WalkWell Clinic
22a Regent Street
Rugby
CV21 2PY

01788 537300

walkwellclinic@talktalkbusiness.net
www.walkwellclinic.co.uk
www.facebook.com/WalkwellClinic

Leamington Practice:

9 Guy Place East
Leamington Spa
CV32 4RG

01788 537300

David J Pinchen D Pod.M.M.Ch.S
Vicky M Morley BSc(Hons) Pod. M.Ch.S

HCPC Registered Podiatrists