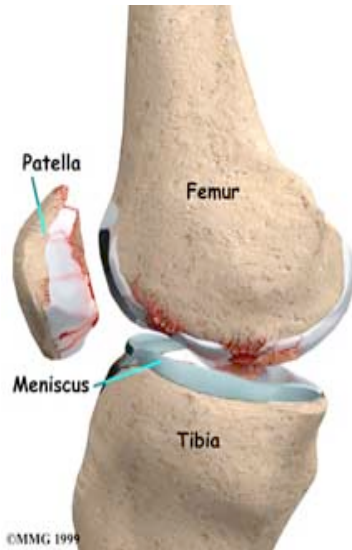


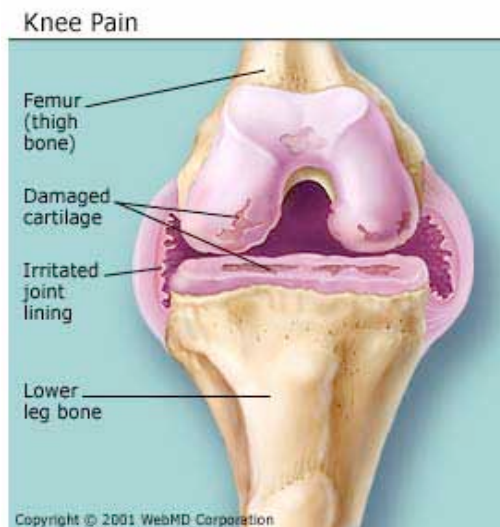
Osteoarthritis/ Degenerative Joint Disease



The bones that make up the knee joint are the Femur (thighbone), the patella (kneecap) and the Tibia (lower leg bone). The joint surfaces of the bones are covered with cartilage that serves as a protective coating. This cartilage can be worn down and cause pain within the knee joint. When this protective layer is damaged there is less space in the joint for movement and the bones can begin to rub onto one another.

● Signs and Symptoms

- Pain
- Swelling
- Weakness
- Pain with walking
- Stiffness
- Loss of Motion
- “Grinding/ popping” in the knee



Osteoarthritis is a condition treated with anti-inflammatory medications, Tylenol, Glucosamine, rehabilitation exercises, braces, ice and modification of activity. Knee replacement surgery is reserved for patients whose quality of life is significantly diminished because of their knee. If you feel that you are suffering from Osteoarthritis contact a qualified physician for follow up.