



Performance
Physical Therapy

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Are You Suffering From Osteoarthritis?

Osteoarthritis is a condition in which the cartilage that protects and cushions the joints breaks down over time. This eventually leads to the bones rubbing against each other, resulting in damage to the tissue and underlying bone. It is most common in weight bearing joints, such as the hip and knee.

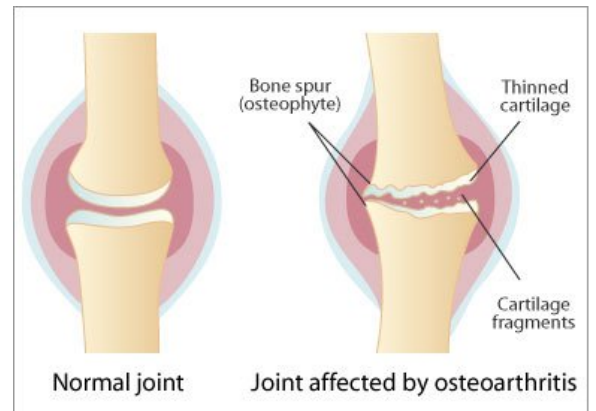
The symptoms of Osteoarthritis include:

- ⇒ Pain after activity and the end of the day.
- ⇒ Morning stiffness, lasting less than 1 hour.
- ⇒ Limited motion of the effected joints.
- ⇒ Tenderness and swelling around the joint (synovitis).
- ⇒ Enlargement of joints.
- ⇒ Grinding sensation with movement (crepitus).

Exercise, balanced with rest and joint care may actually reduce pain, increase mobility, decrease stiffness and improve ability to do activities. People with Osteoarthritis should do a variety of exercises designed to increase endurance, increase strength.

For example;

- ⇒ Walking: Outdoors, on a treadmill or in the water. Be sure to wear appropriate footwear for walking to provide appropriate shock absorption and support for your feet.
- ⇒ Swimming: an excellent choice for people with hip or knee osteoarthritis, as water takes weight off the joints while also providing some resistance.
- ⇒ Cycling: outdoors or indoors on a stationary exercise bicycle. Many people who have difficulty and pain walking find cycling comfortable.
- ⇒ Strength training: Weights, tubing, exercise machines. These will help build and maintain actual muscle strength that decreases the stress on your joints.
- ⇒ Range-of-motion and stretching: Exercise to improve flexibility and help prevent further joint damage.
- ⇒ If unfamiliar with any of these exercises, or new to exercise ask your Physical Therapist or other health care provider which exercises would be best for you.
- ⇒ Ice after exercise for 15minutes to ease and prevent joint pain and swelling.



The information on this page is provided to you from Performance Physical Therapy. It is not intended to replace any information/treatment provided to you by your health care provider. If you experience any pain while participating in this exercise, please contact your health care provider. Please feel free to check with your Physical Therapist if you have any questions about the information provided on this page.

We are here to help you reach your Peak Performance!

Ph: 401-726-7100 or 401-435-4540

6 Convenient Rhode Island Locations

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