

Knee Osteoarthritis — Helping Yourself

THE THREE THINGS WITH THE STRONGEST EVIDENCE

- 1. Lose excess weight.** Every 1 kg lost removes about 4 kg of load from each knee with every step.
- 2. Strengthen the thigh muscles.** A strong quadriceps takes load off the joint and reduces pain independently of everything else.
- 3. Keep walking.** Cartilage has no blood supply — it is nourished by movement. Resting a painful knee makes it stiffer and weaker.

Tablets and injections help you get through a bad patch. **These three change the course of the disease.**

Exercises to do daily

- **Static quadriceps:** sit with the leg straight, press the back of the knee down into the bed, tighten the thigh, hold 5 seconds. **10 times, three sessions a day.** Simple, and the most useful one.
- **Straight leg raise:** lying down, keep the knee locked straight and lift the leg 30 cm. Hold 5 seconds, lower slowly. 10 times.
- **Sit to stand:** from a firm chair without using your hands. 10 times.
- **Heel slides** to maintain bending.
- Add **hip and calf strengthening** — weak hips make knees hurt.

DAY TO DAY

Use a walking stick in the OPPOSITE hand to the painful knee — it reduces knee load substantially.

Wear cushioned footwear with a soft sole and good arch support. Avoid hard flat chappals and heels.

Use a Western commode and a higher chair. Avoid squatting, sitting cross-legged and climbing stairs unnecessarily.

Heat before activity for stiffness, **ice** after activity or when the knee is swollen. Swimming and water walking are ideal if walking hurts.

COME BACK IF

The knee locks or gives way · it becomes suddenly hot, red and very swollen · the pain wakes you at night regularly · you can no longer walk your usual distance or climb your own stairs · pain persists despite three months of proper effort

Surgery is not a failure and not a last resort at any cost — it is one option among several, and we will discuss it honestly when the time is right.

Search: knee osteoarthritis, knee pain, OA knee self care, quadriceps exercise

