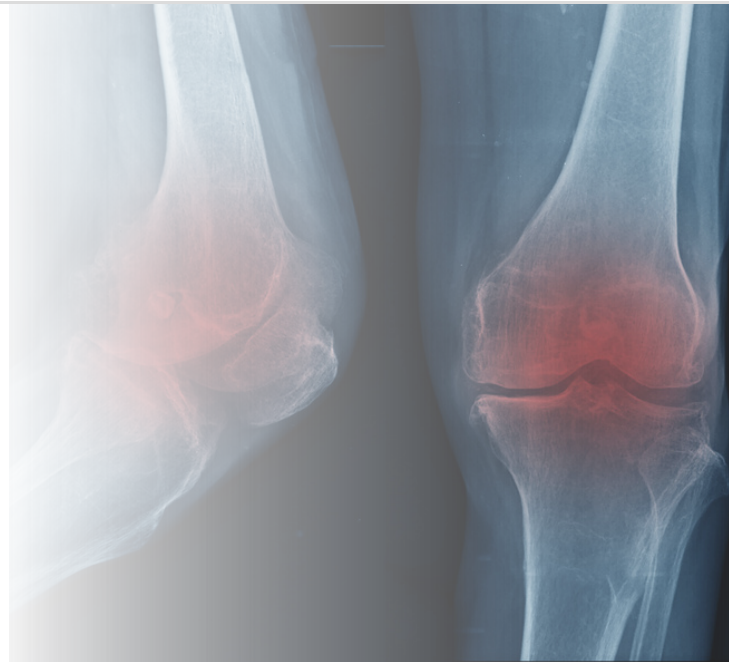


## OA Knee

Osteoarthritis (OA), the leading cause of mobility challenges in seniors, manifests primarily through wear and tear, often referred to as degenerative joint disease, with the knee being a predominant site of impact.

A joint serves as the meeting point for two bones, cushioned by cartilage to ensure smooth, painless movements. OA emerges as this cartilage deteriorates, leading to stiffness and discomfort, eventually revealing the underlying bone surfaces.

The risk of OA escalates with certain factors, such as gender, with women being slightly more predisposed, a history of high-impact activities, obesity—which amplifies stress on the joints—and previous injuries or inherent joint abnormalities.



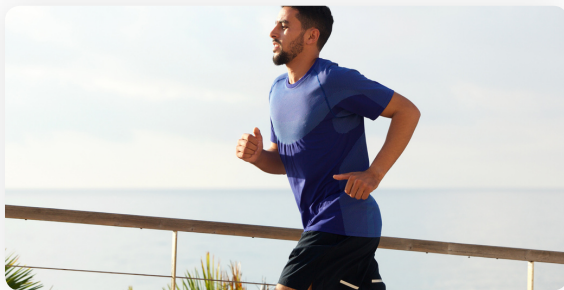
Osteoarthritis (OA) stems from various factors, including gender, lifestyle, and weight. High-impact activities, obesity, and previous joint injuries notably increase your risk. Recognizing these contributors is vital for proactive joint care. At Auto-Ness Physical Therapy, we're here to guide you towards managing these risks and enhancing your joint health. Join us in taking a proactive step for a healthier, active life.

Effective management strategies can significantly alleviate pain, enhance mobility and function, and minimize reliance on medication.

**Exercise:** Abandoning physical activity is detrimental. Embrace low-impact exercises like cycling, **but seek help as soon as possible to find specific recommendations based on your condition!**

**Symptom-Specific Adjustments:** Identify and modify activities that exacerbate symptoms temporarily.

**Pain Management:** Utilize medications to facilitate necessary exercise, maintaining joint stability and movement.



**Combat Stiffness:** Regular movement across the knee's full range is crucial to counteract stiffness.

**Muscle Strength:** A robust musculature reduces undue stress on the cartilage, safeguarding the knee. Strengthening trunk and leg muscles is essential.

**Rest Is Rarely the Solution - Actively Engage in Your Recovery**

**Embrace a holistic approach for a dynamic, pain-free life. Let's journey together towards sustainable health and well-being!**

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