



Proactive Physio

Osteoarthritis

Osteo means bone

Arthritis means joint damage & swelling (inflammation)

Osteoarthritis is a disease which affects joints in the body and is strongly associated with ageing. It is the wearing away of the cartilage which may become thinner and rougher and the bone beneath the cartilage may then be exposed. Bone may become thicker and may develop “spurs” (osteophytes) as the bone grows outwards. The synovium (lining) becomes inflamed and produces extra fluid making the joint swell, the surrounding capsule and ligaments slowly thicken and contract as if they were trying to stabilise the joint as it gradually changes shape and muscles may become weaker, thin and wasted

Characteristics include:

- Gradual onset, variable or intermittent pain over time (good days and bad days)
- Mainly related to movement and weight bearing
- Morning stiffness – gradually easing

Main Symptoms:

- Aching/Pain which occurs because of the wearing away of the cartilage
- Stiffness/Creaking/Cracking which occurs because the joint surfaces are closer together, therefore movements become less supple. The ligaments and capsule become thicker and respond to inactivity by ‘stiffening’ up
- Swelling - The result of the synovium producing more fluid

Osteoarthritis can be controlled and managed. Physiotherapy plays a key role in this process. Proactive Physio can offer you advice and treatment.

For further information or to book an appointment :

[w www.proactivephysio.co.uk](http://www.proactivephysio.co.uk)

[t 07969783659](tel:07969783659)

[e info@proactivephysio.co.uk](mailto:info@proactivephysio.co.uk)