

What is Knee Arthritis?

There are three different types of arthritis that can occur in knees: Osteoarthritis, Rheumatoid arthritis, and post traumatic arthritis.

Osteoarthritis, most common, is progressive and usually strikes after middle age. The joint cartilage slowly deteriorates over time.

Rheumatoid arthritis is an inflammatory disease and can occur at any age. It tends to worsen over time.

Post-Traumatic arthritis occurs years after a torn meniscus, injury to a ligament or a fracture of the knee.

Exercise is one of the best forms of treatment for arthritis. It can help increase mobility, flexibility and overall function.



What are some symptoms of Knee Arthritis?

- Gradual increase in pain
- Swelling or tenderness
- Buckling or Locking
- Cracking or popping sound
- Limited mobility

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