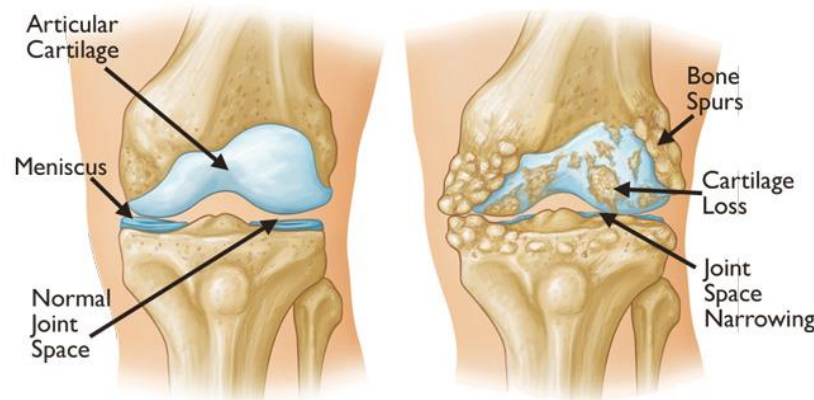


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Knee Arthritis

What is arthritis? Arthritis involves loss of the smooth lining covering the ends of bones in a joint called cartilage. In osteoarthritis, the cartilage becomes damaged and worn out, causing pain, swelling, stiffness and restricted movement in the affected joint.



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What are the symptoms? Pain localized to the outside or inside of the knee, under the knee cap, or even in the thigh/hip. As the arthritis worsens, knee motion may decrease and deformities can develop, such as bow-legged or knock-knees.

What are the treatment options? There is no cure for arthritis, and it tends to progress as we get older. Non-surgical treatment for knee arthritis includes weight loss, exercise, physical therapy, anti-inflammatory medications/creams, or steroid injections. Surgery for knee arthritis is a total knee replacement.

When should I get a knee replacement? If you are considered a candidate for a total knee replacement, the decision to proceed with surgery is up to you depending on your symptoms. Nighttime pain, difficulty sleeping, inability to do activities, and unpredictability of the joint are important factors to consider. The goal of surgery is to improve your pain and quality of life.

For more information visit:

orthoinfo.aaos.org/en/diseases--conditions/arthritis-of-the-knee
johnbonanomd.com/kneearthritis