



Knee Arthritis



Osteoarthritis (OA) is the most common form of knee arthritis which is a degenerative joint disease that gradually wears down the cartilage in the joint. This results in severe pain and stiffness in the joint. OA can affect both sides of the knee but the most common side affected is the inner (medial) side. Common causes of knee arthritis can range from previous trauma to the area, poor biomechanics of the feet, obesity and genetics.

Treatments often revolve around reducing the impact aggravating the condition. Strengthening exercises are often advised but customised orthotics have been shown to help reduce symptoms.

Call 9388 9999