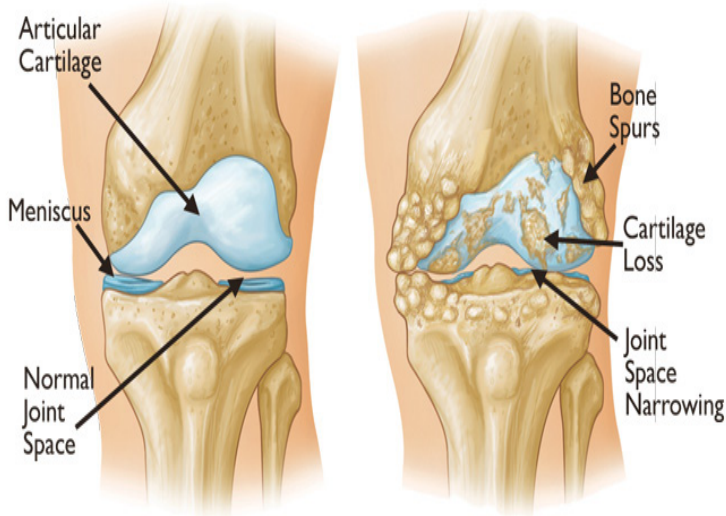


# KNEE OSTEOARTHRITIS

The bones that make up the knee joint are the Femur (thigh bone), the patella (kneecap) and the Tibia (lower leg bone). The joint surfaces of the bones are covered with cartilage that serves as a protective coating. This cartilage can be worn down and cause pain within the knee joint. When this protective layer is damaged there is less space in the joint for movement and the bones can begin to rub onto one another. This, in turn, causes pain, swelling, weakness, stiffness, loss of motion, and grinding or popping in the knee.



## Conservative Treatment

Osteoarthritis is a condition that can be treated conservatively with anti-inflammatory medications, Tylenol, physical therapy, rehabilitation exercises, braces, ice, modification of activity, or with orthobiologic injection therapies. If overweight, weight-loss can be tremendously helpful for knee pain.

## Knee Replacement Surgery

Knee replacement surgery is reserved for patients whose quality of life is significantly diminished because of their knee pain. During knee replacement surgery, damaged parts of the knee are removed and replaced with artificial components called prostheses. If one part, or compartment, of the knee is significantly worn out with other compartments well preserved, you may be a candidate for a partial knee replacement. Your physician will review x-rays and/or advanced imaging and discuss surgical options during your visit. Surgical treatment for arthritis of the knee is generally very effective in reducing pain and restoring motion.

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