



Delaware
Physical Therapy Clinic

Open to the public

Knee Osteoarthritis (OA)

The University of Delaware Physical Therapy Department has become an international leader in the research of Knee Osteoarthritis. The UDPT clinic is currently collaborating with researchers for several studies investigating knee OA. In the clinic, we currently use several highly advanced measurement techniques allowing us to evaluate strength differences in leg muscles. We have developed an OA Profile to determine the degree to which your arthritis impairs your ability to participate in activity, allowing us to individualize your treatment plan. Our physical therapists are recognized by the American Physical Therapy Association as geriatric, orthopedic, and sports certified clinical specialists.

**University of Delaware
Physical Therapy is Ranked
#1 in the Nation by US News
and World Report!**

**We staff Board Certified
Specialists in the areas
of Orthopedics, Sports,
Geriatric, and Neurologic
physical therapy.**



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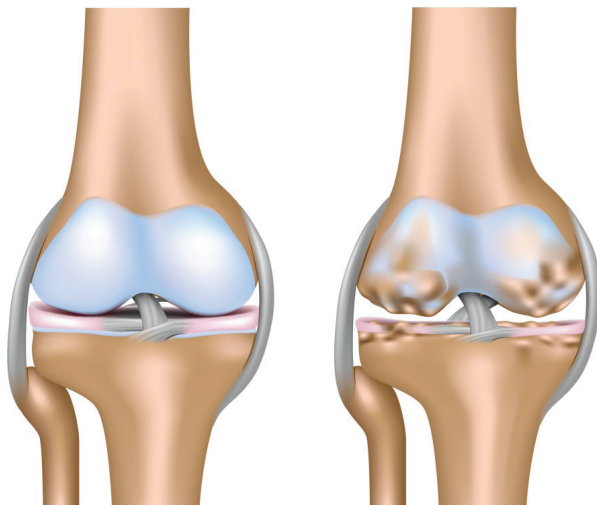
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What is OA?

Osteoarthritis (OA) is also known as degenerative joint disease, and is a wearing away of the articular cartilage that lines the joint surfaces. This cartilage becomes thin and eventually deteriorates to expose the underlying bone. Over time, the condition can progress and bone spurs can form within the joint.



Healthy knee joint

Osteoarthritis

What causes knee OA?

The exact cause of knee OA is unknown, but may be attributed to:

- Previous knee injury, including ACL and meniscal injuries
- Aging
- Genetics
- Obesity
- Problems with the underlying bone

Signs & Symptoms of OA

Knee OA develops over time. Symptoms may include:

- Pain that increases with activity and decreases with rest
- Joint stiffness
- Decreased joint motion
- Swelling

What to do when you have knee pain

If you are having knee pain, and have not yet had your symptoms evaluated, you should seek medical attention. An individual specialized in orthopaedic assessment, including Physical Therapists, can evaluate your knee and make the appropriate recommendations. An X-ray can confirm the presence of OA.

What can UD PT do for me?

UD PT will perform a thorough evaluation, including an assessment of your strength, posture, and gait in comparison to national normative data in order to make recommendations that may assist in improving your function and decreasing your pain. Treatment interventions include muscle strengthening, knee joint bracing, and balance and stability training. Strengthening the muscles that surround the knee joint adds support and can help maintain your activity level.

OA Profile

The UD PT Department has developed an OA profile to determine the extent to which your arthritis affects your activity. This OA profile looks at varying measures, including strength and functional ability, to determine if you are appropriate for outpatient PT.

Will I need surgery?

Most patients with OA will not need surgery. However, surgery is a treatment option for those with severe joint damage. Our goal at UD PT is to reduce the impact of your knee OA in order to keep you functioning in your daily life. We hope to help delay surgery or improve your ability to recover from surgery when it is needed.