



# ARTHRITIS TALKS

## KNEE ARTHRITIS

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## Presenters



Shawn Brady  
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# Webinar tips

- Use the Q&A section to ask the presenters your questions. Some of the questions will be chosen for the live question period at the end of the webinar.
- Click on the Chat box to connect with other participants and the Arthritis Society's Canada's chat moderator.
- If you have further issues, email [arthritistalks@arthritis.ca](mailto:arthritistalks@arthritis.ca)

The screenshot shows a webinar interface for Arthritis Society Canada. The main content area displays the organization's logo and name. Below the main content is a control bar with several buttons: 'Audio Settings', 'Show captions', 'Q&A', 'Chat', and 'Leave'. A yellow callout box at the top right points to an 'x' icon in the Q&A window, with the text 'Click on the x icon to exit out of the Q&A or Chat'. Another yellow callout box at the bottom right points to the 'Chat' button, with the text 'Click here to chat or to submit a question'. A third yellow callout box on the left points to the 'Audio Settings' button, with the text 'Click here to access your audio settings'. The Q&A window is open, showing a 'Welcome to Q&A' message and instructions: 'Questions you ask the host and panelists will show up here'.



**Early symptoms**



**Surgical and non-surgical  
treatment options**



**Advancements in treatment and  
research**

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**Q: What are early symptoms of arthritis in the knee?**





## Symptoms of Knee Arthritis

### PHYSICAL

- Pain
- Stiffness
- Swelling
- Crepitus
- Instability
- Alignment or bone changes

### FUNCTIONAL

- Walking
- Standing
- Stair climbing
- Rising from a chair
- Squatting or kneeling

### PSYCHOSOCIAL

- Mood
- Sleep
- Fatigue

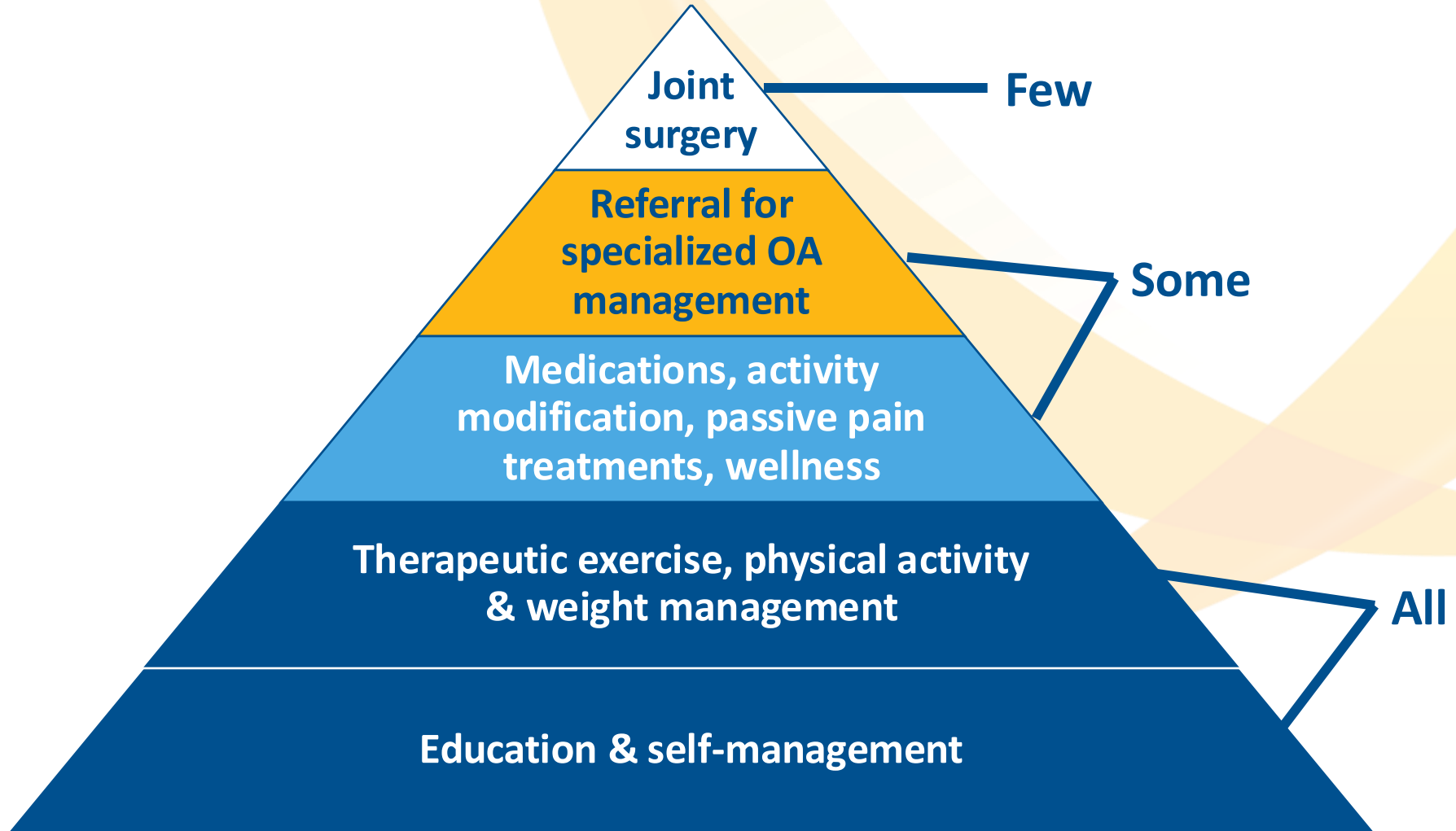






**Q: What non-surgical treatment options are available?**

# Treatment for Osteoarthritis



# Four Categories of Exercise



## Flexibility (daily)

- Range of motion, stretching



## Strengthening (2-3x/wk)

- Weights, bands, gravity, neuromuscular



## Cardiovascular (150 min/wk)

- Low-impact (cycling, walking, elliptical, water)



## Balance

- Tai Chi, yoga

# Activity Modification



**Use Braces**



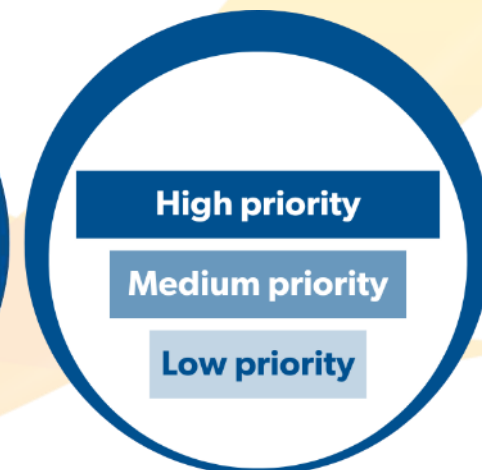
**Use Devices**



**Change Method**






**Pace Yourself**



**Prioritize Tasks**

# Weight Management

 1 lb. =   3-4 lb.  
Weight loss of force per step





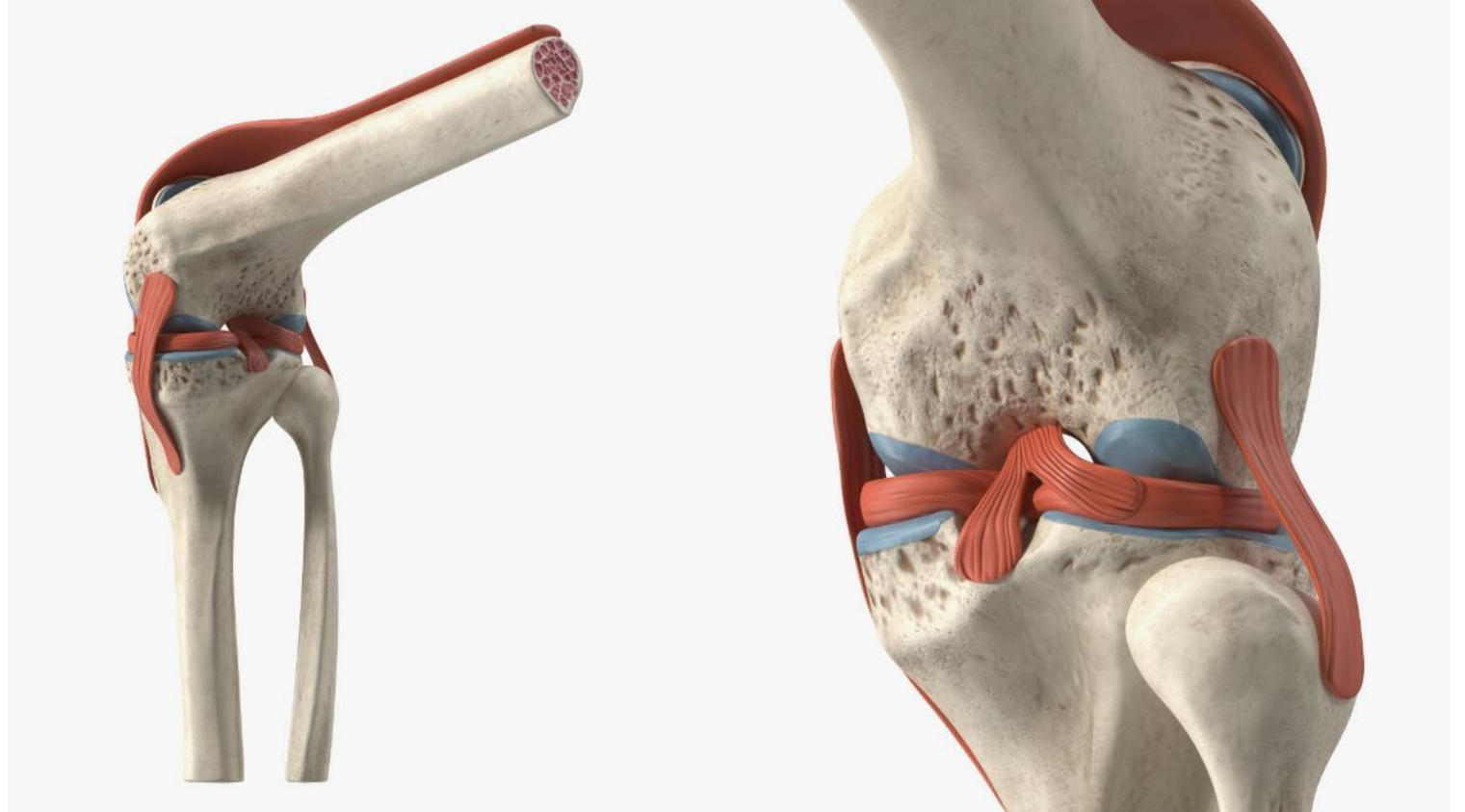
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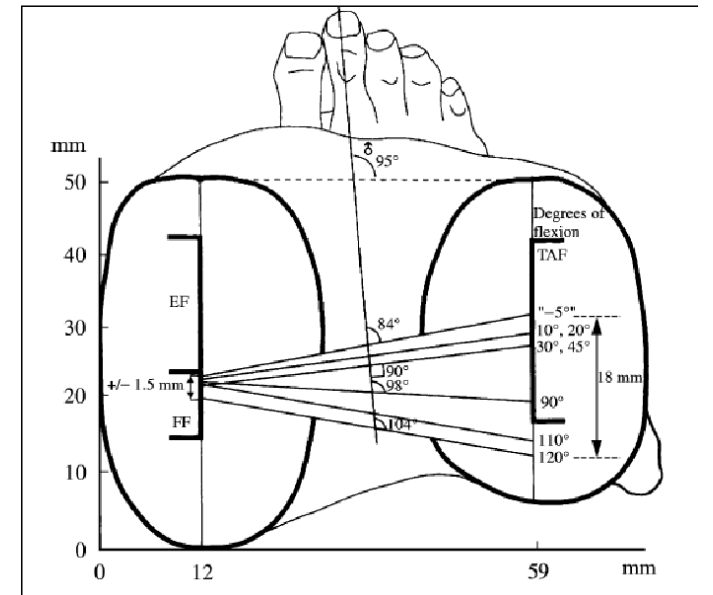
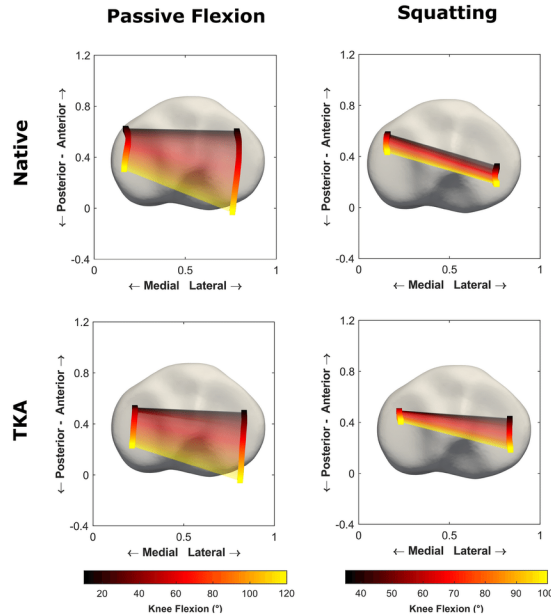
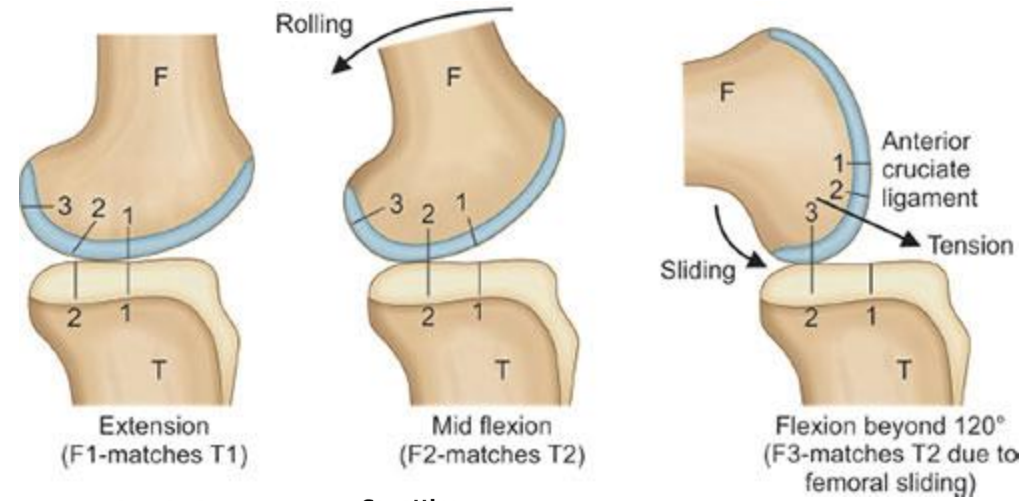


**Q: What surgical options are available?**

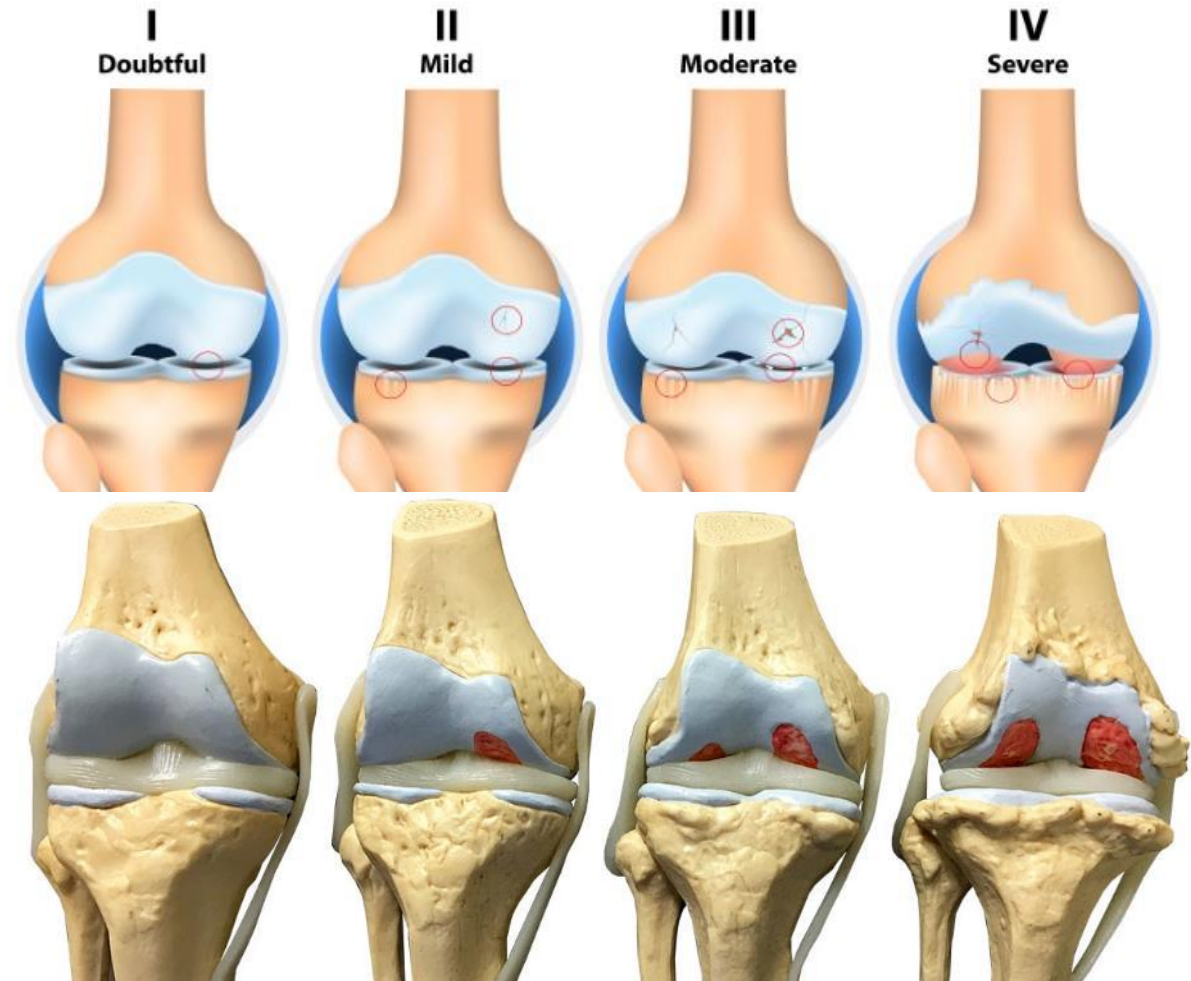




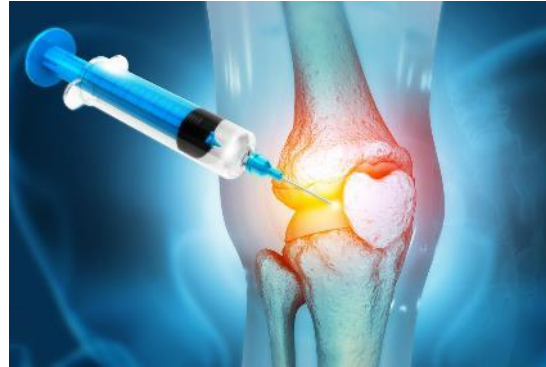




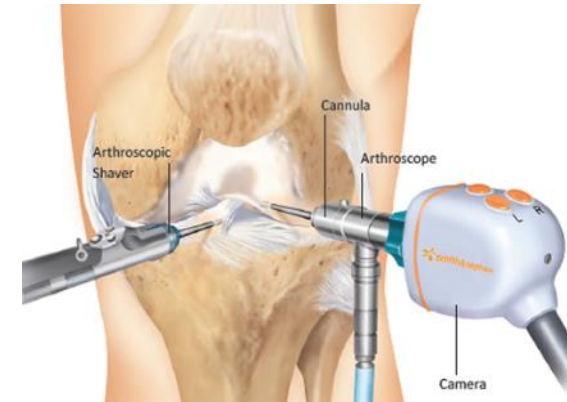
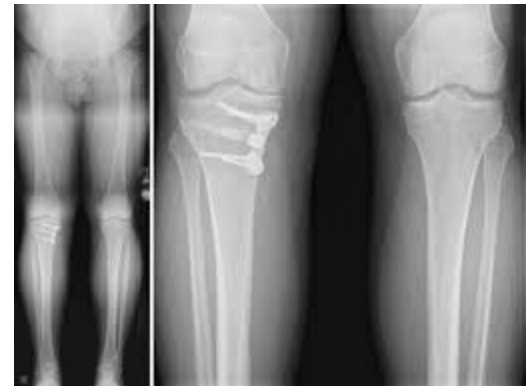
## STAGE OF KNEE OSTEOARTHRITIS



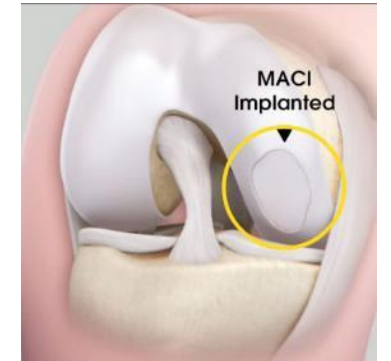
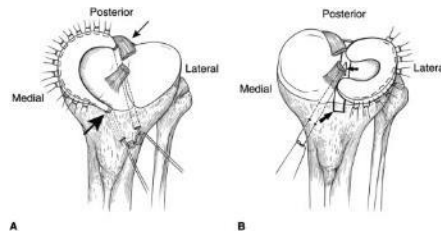
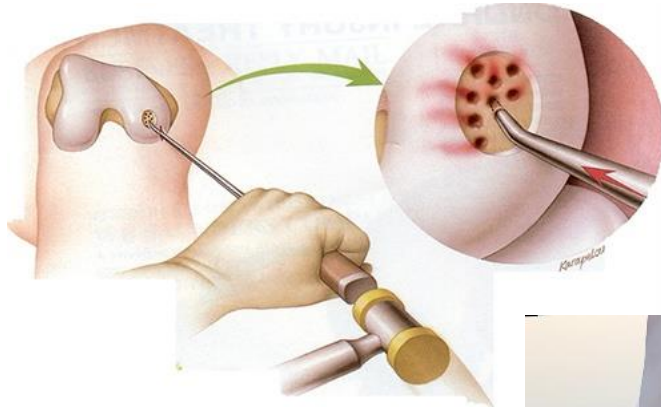
- Procedures to preserve a joint



- Surgery to preserve a joint



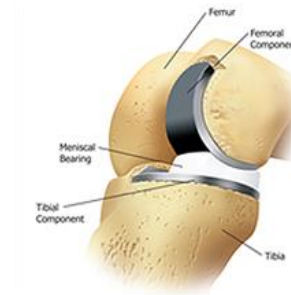




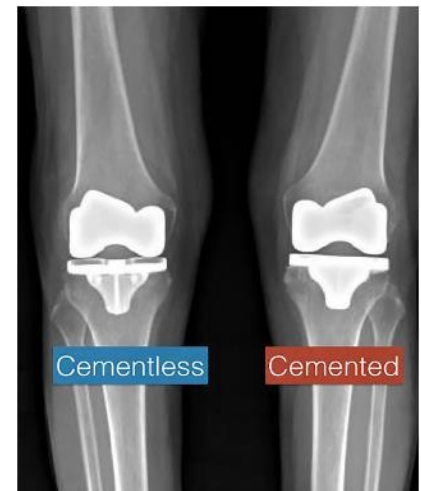


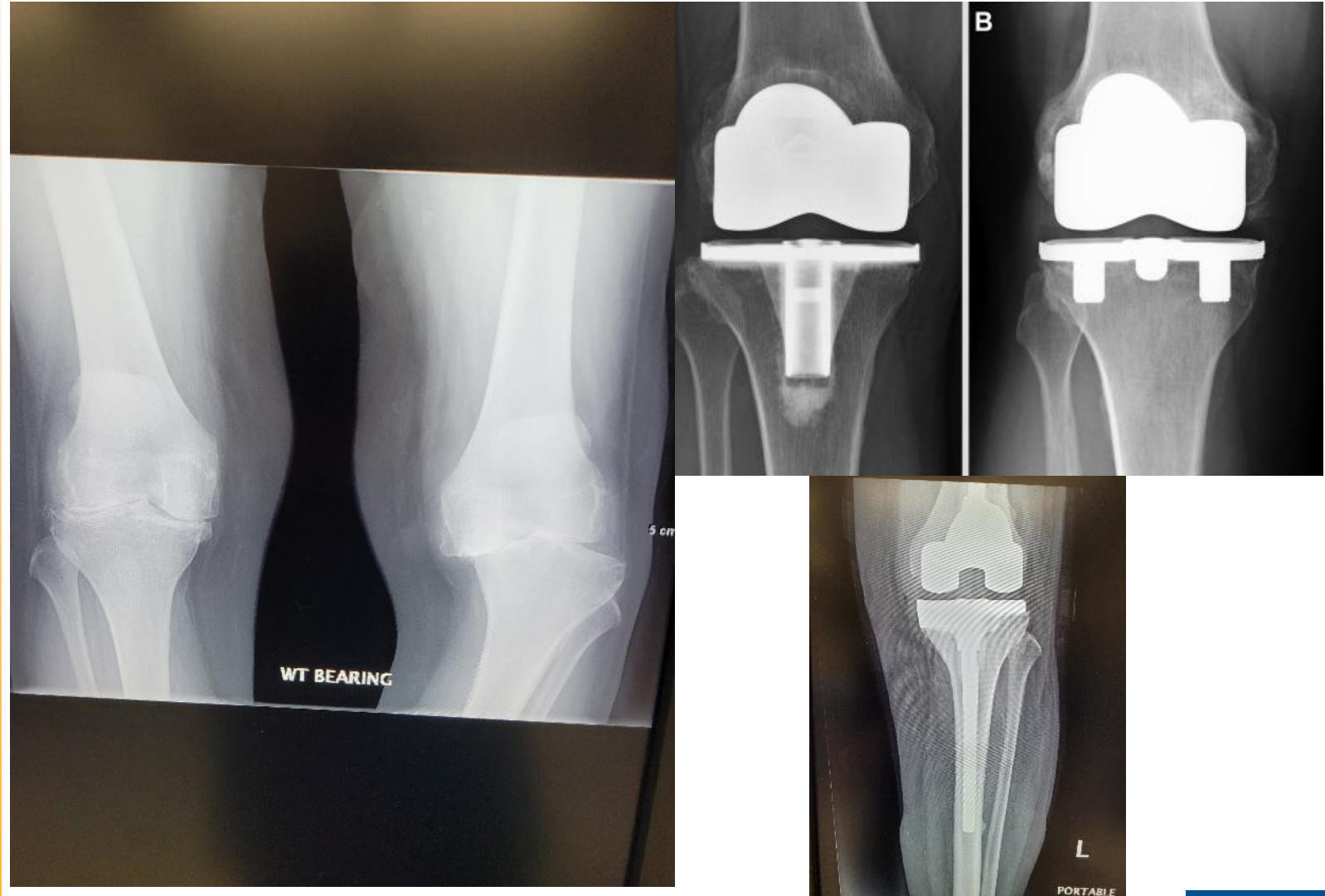


- Partial joint replacement



- Total joint replacement









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**Q: What are some things patients can do to improve the success of joint surgery?**



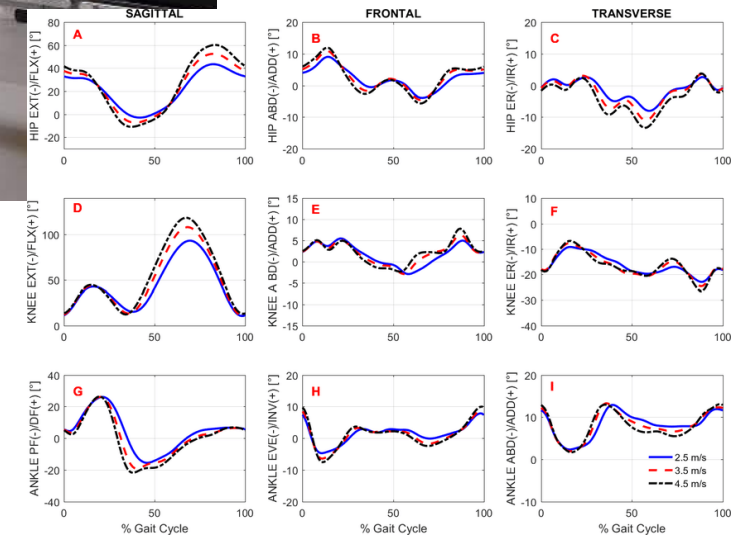
**Q: What can someone expect after joint surgery?**



**Q: What excites you about the future of research and treatment for those diagnosed with knee arthritis?**







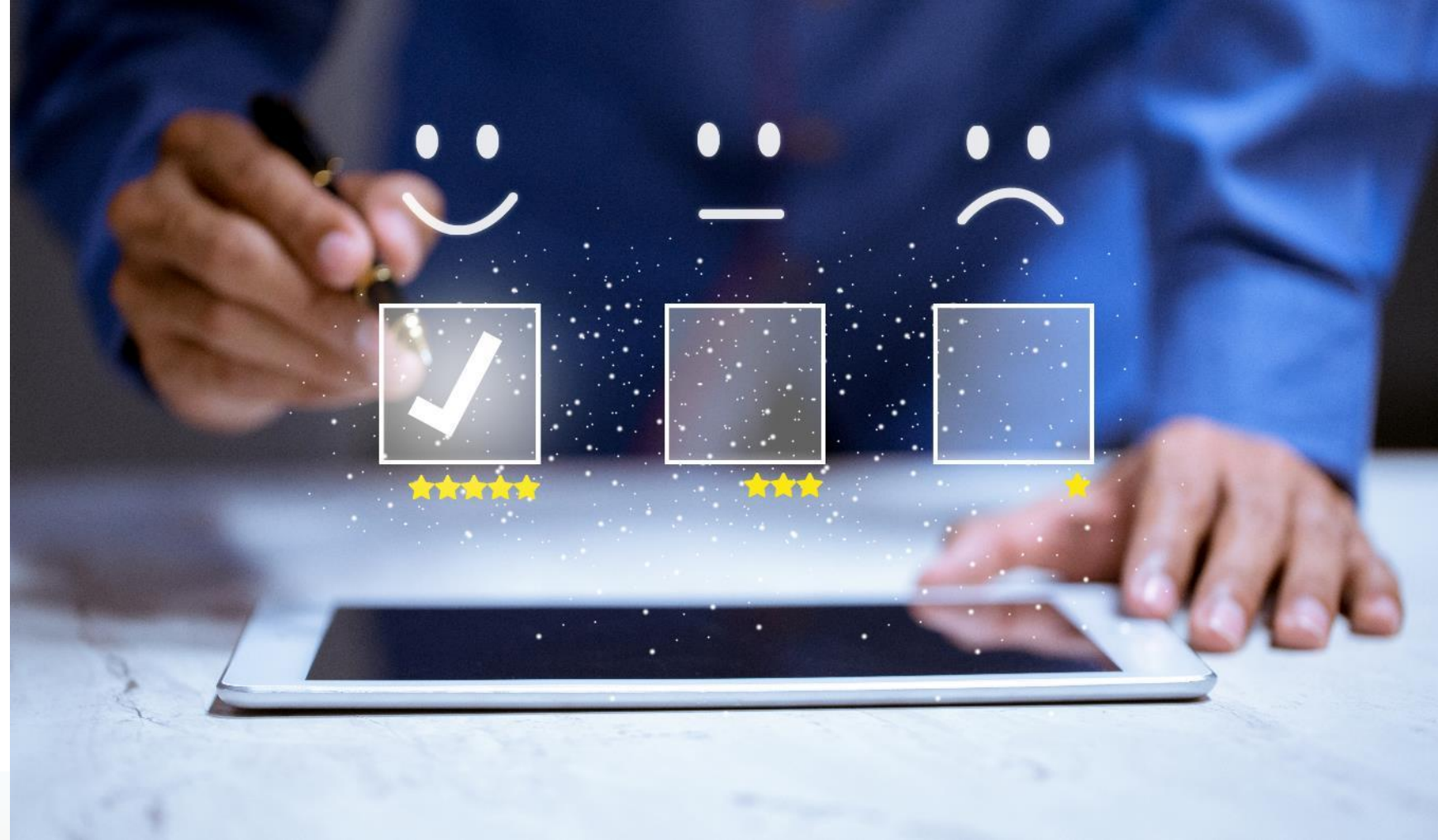


**Q: Any final thoughts or recommendations?**





## Q: Questions



**Q: Tell us what you think...**



# Help End The Wait!

Use your voice to stop the pain of arthritis

Visit [arthritis.ca/waittimes](https://arthritis.ca/waittimes) to learn how you can help



