

# My Knee Hurts!! Is it Arthritis?

There are many reasons why your knee may hurt. Arthritis knee pain is just one reason why many people visit an orthopedic surgeon. Symptoms of arthritis vary depending on the person and the degree of arthritis in the joint. The most common symptoms are stiffness, pain in the joint, and swelling. Many people feel grinding or clicking in the joint especially with bending activities. Occasionally, the knee may feel unstable. Arthritis can be on one side of the joint making the leg look bow-legged or knock-kneed or it can be throughout the entire joint.

Arthritis can be caused by previous injuries to the knee or from general wear and tear over the years. Some people have a family history where parents or siblings also have knee arthritis.

A simple way to help ease arthritis pain and inflammation in the joint is to use an ice pack. Remember to protect the skin by placing a towel between you and the ice. Only use the ice pack for 15-20 minutes at a time. Over-the-Counter medications, such as Advil and Aleve, also help reduce inflammation. **Remember ALWAYS check with your physician before taking any new medication** to be sure it doesn't interfere with other medications you are currently taking.

Maintaining a healthy weight and avoiding activity that seems to aggravate the symptoms will also help. Exercise can be difficult with arthritis. Some people can tolerate a stationary bike, while others can only exercise in a swimming pool to take the weight off of the joint.

There are non-surgical options that Signature Orthopedic Surgeons can offer you for knee arthritis such as Cortisone injections and Visco-Supplementation injections. There are also the surgical options for knee arthritis. As always, a visit with a Signature Orthopedic Surgeon can determine which treatment option is right for you!

Not all knee pain is arthritis. To get a diagnosis and treatment plan for your knee pain, it starts with a physician visit...Signature Orthopedic Surgeons treat all knee injuries! Ready to schedule an appointment? Call a Signature Orthopedic Physician today!

