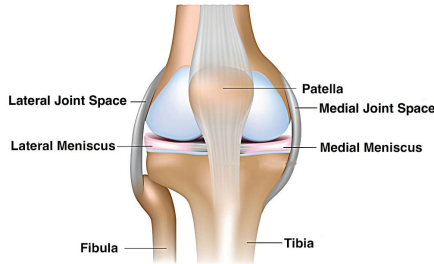




Braces for Arthritic Knee Pain

As we get older there is a good chance we will develop Osteoarthritis (OA) in our body. Osteoarthritis is the most common type of arthritis. It effects more Canadians than all other forms of arthritis combined. OA is a breakdown, or wear and tear, of joint cartilage and the underlying bone. Symptoms usually start out slowly and will increase over time. Repetitive activities, such as walking or climbing up and down stairs, can increase pain.

Osteoarthritis affects knees from general wear and tear over the years. If you have had a previous meniscal or ligament injury then it may increase the chances of developing OA. There are 3 joint spaces in your knee; Medial (Inside), Lateral (Outside) and Patellofemoral (behind the knee cap).



be sleeves with patella control and compression to control pain and swelling.

Osteoarthritis commonly affects one joint space of your knee more than the other; this is called Unilateral OA. It can cause a malalignment

in the knee, which can appear as bowlegged (Medial OA) or knock-kneed (Lateral OA). Unloader knee braces help by reducing the pain in your knees by relieving the pressure off the damaged joint surface.

Tri-compartment OA refers to having arthritis in all three joint spaces. When this is the case a stabilization brace with hinges and/or compression to control swelling would be the more appropriate brace. By stabilizing the knee joint it prevents rubbing or friction in the joint spaces while also tracking the patella.



Knee OA without bracing (bone-on-bone contact)



Knee OA with bracing (space created between bones)

When deciding on what knee brace is right for your condition it is important to be assessed by a certified professional. Braces fit everyone differently and what works for some might not work for others. Knee history, symptoms, and level of activities are all variables that influence the proper brace choice for a

clinician. An exam or assessment of your knee should be done including alignment, gait analysis, and range of motion test.

OA knee braces come in a variety of designs, structures and materials which all become a factor when selecting an appropriate brace for you. Some designs have rigid frames and adjustable hinges to offload pressure to an affected joint space. While others may

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