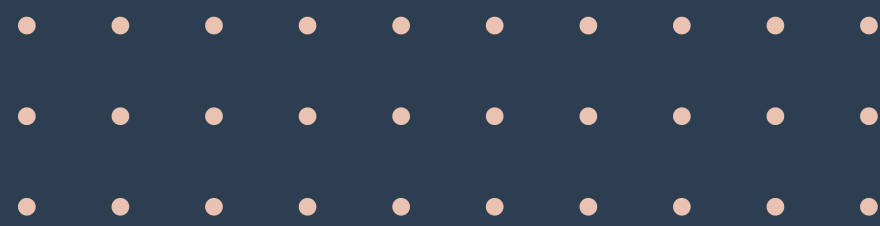


AGING WELL WITH OSTEOARTHRISIS



Dr Vanessa MacPhail
Dr Aly Rawson



LETS SEE WHAT
YOU KNOW



Statistics on OA

POPULATION OF CANADA 38 MILLION
ABOUT 6 MILLION CANADIANS HAVE ARTHRITIS
1:5 ADULTS

(1 IN 4 WOMEN, COMPARED TO 1 IN 6 MEN)

6 MILLION
Canadians with
arthritis



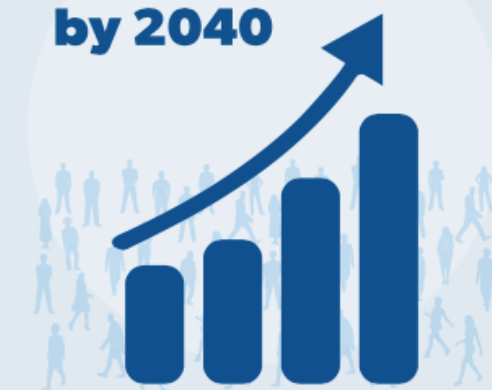
Arthritis across Canada

1 in **5**
have arthritis



How common is arthritis?

9 MILLION
by 2040

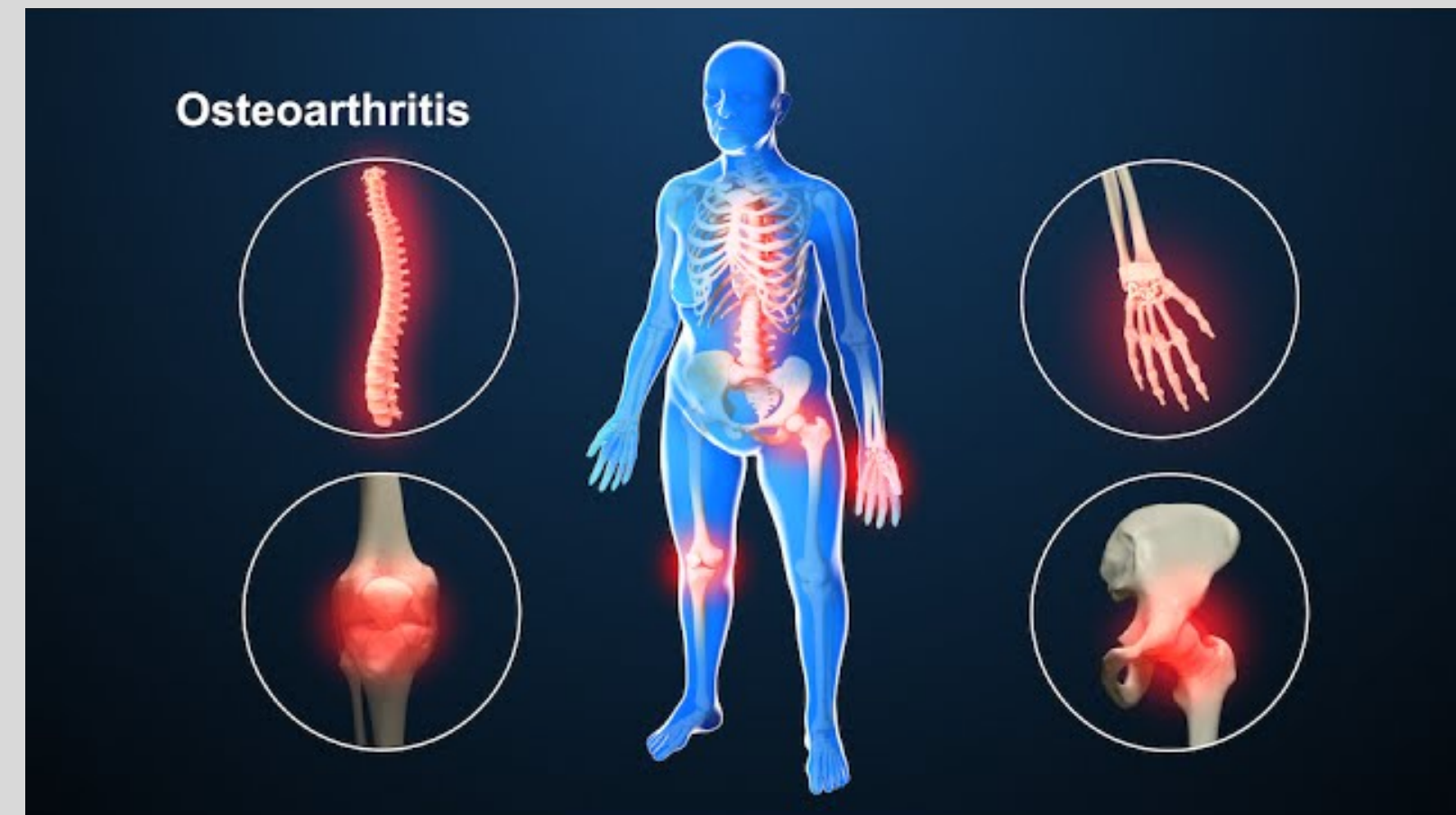


Arthritis on the rise

**MOST COMMON
HOUSEHOLD DISEASE
OVER THE AGE OF 65**

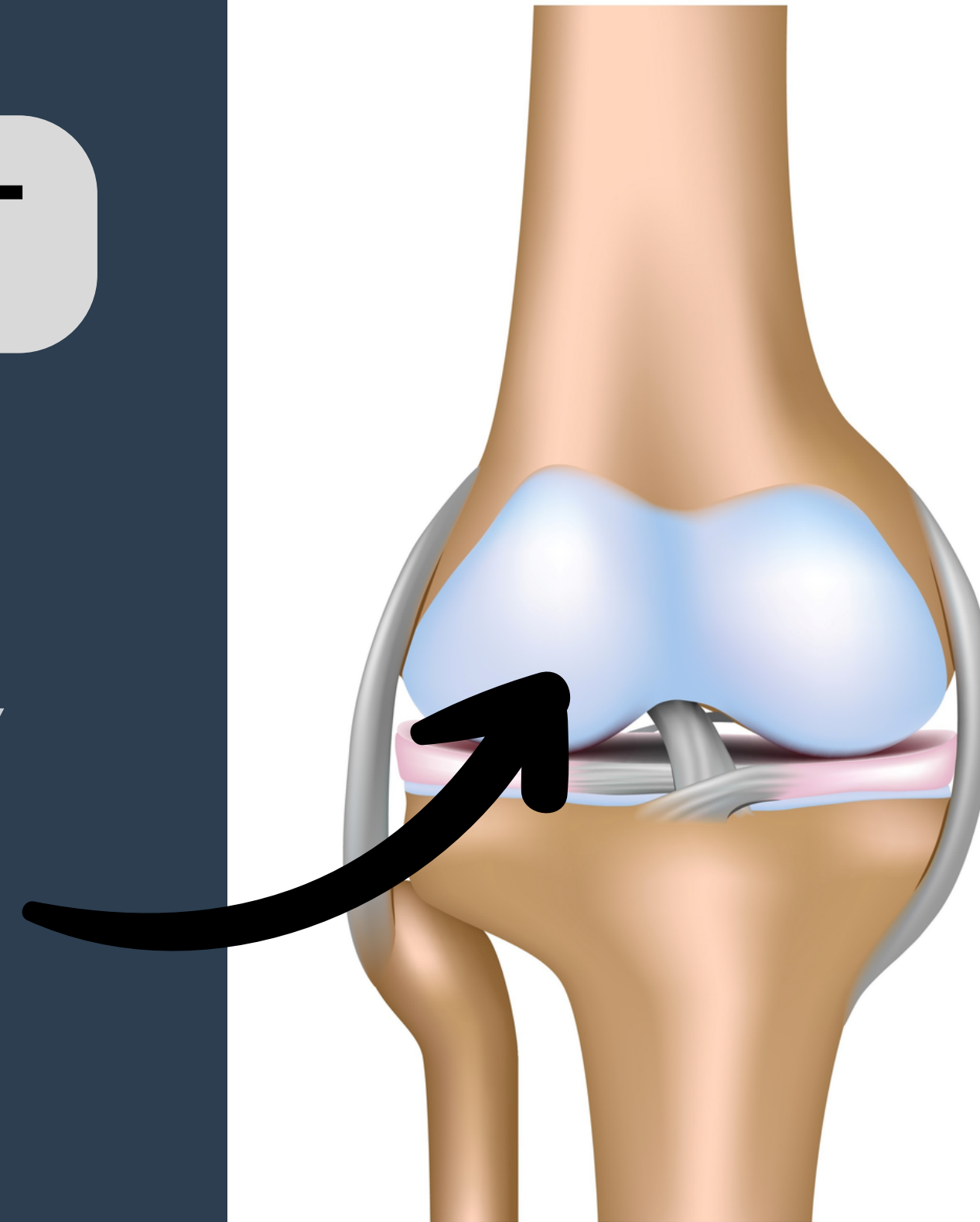
**MORE COMMON THAN
HIGH BLOOD PRESSURE**

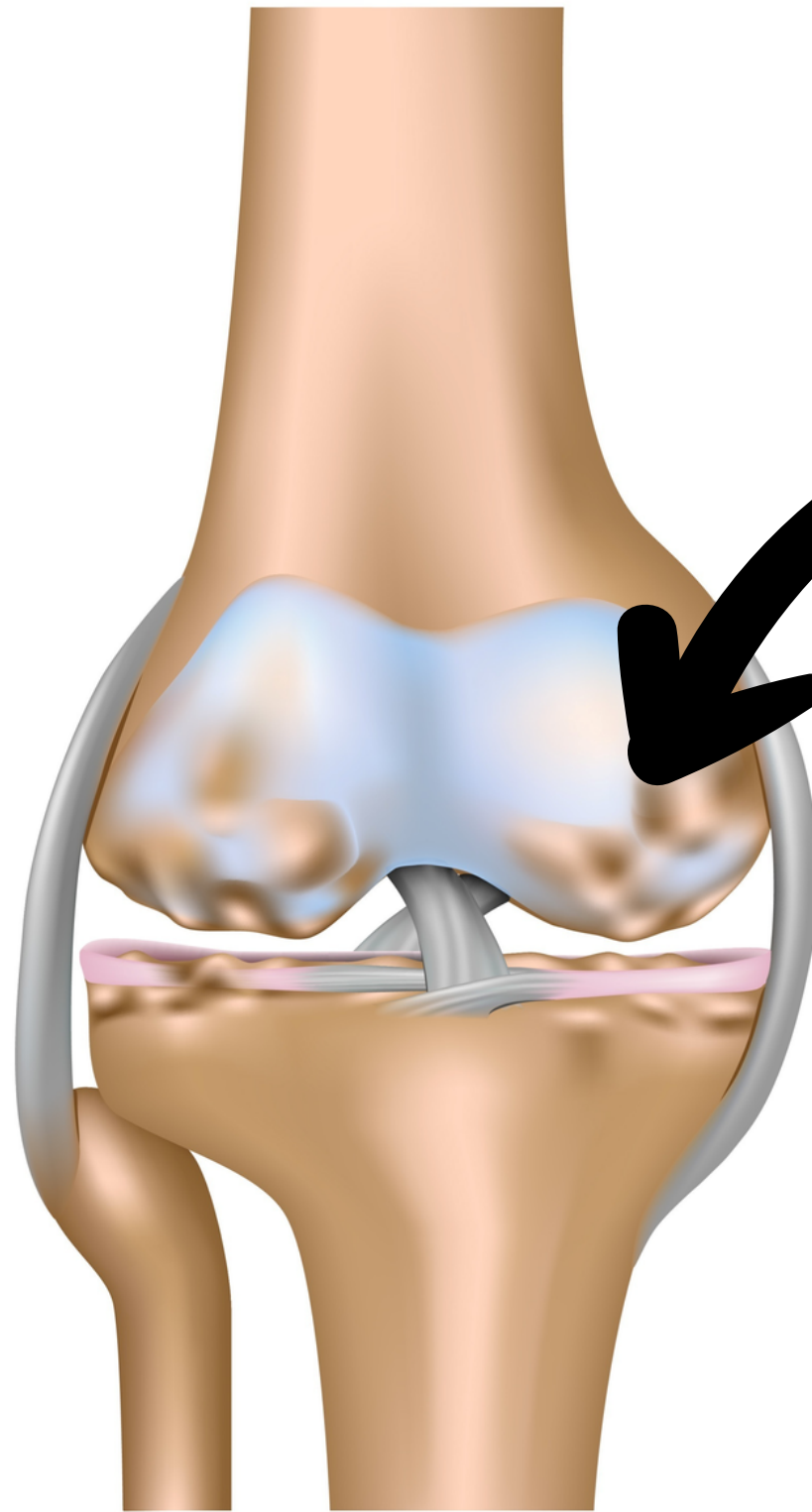
**THE MOST COMMON
JOINT DISORDER**



HEALTHY KNEE JOINT

CARTILAGE PROVIDES
SMOOTH SURFACE FOR
BONES TO GLIDE EASILY
WHEN MOVING

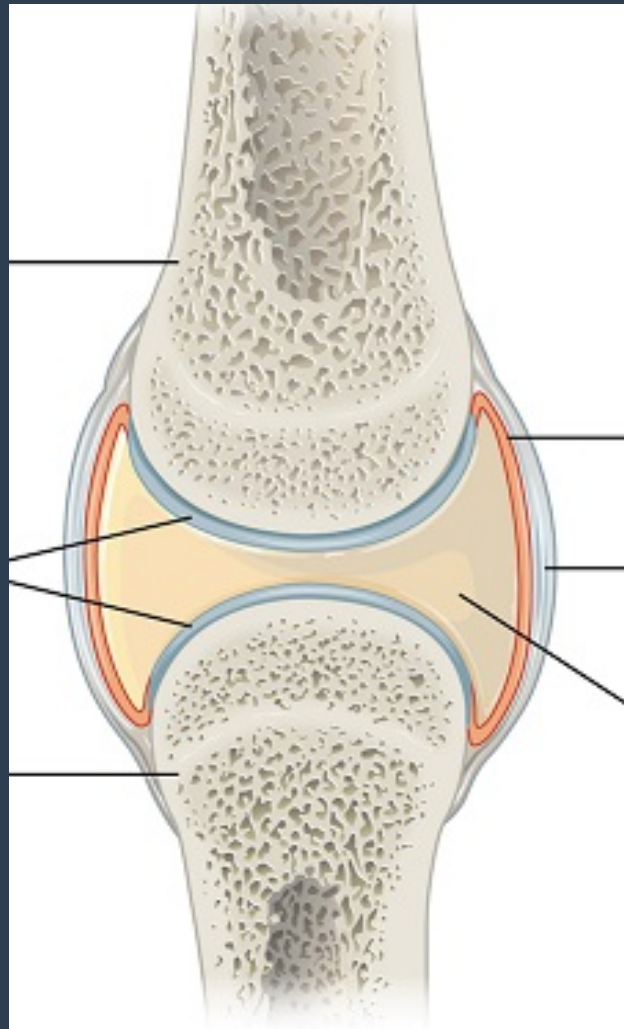




KNEE JOINT WITH OSTEOARTHRITIS

**CARTILAGE ON THE END
OF BONE BECOMES THIN
AND BEGINS TO
DISAPPEAR**

WHY DOES THIS HAPPEN?



HOW PHYSICAL
ACTIVITY
CAN HELP SLOW
DOWN OA
PROGRESSION



SIGNS + SYMPTOMS

**MORNING
STIFFNESS
<30MIN**

**REDUCED
RANGE OF
MOTION**

**PAIN WHEN
PRESSING ON
THE JOINT LINE**

**FEELING OF
INSTABILITY OR
'GIVING WAY'**

**CRUNCHING
OR CLICKING
NOISES**

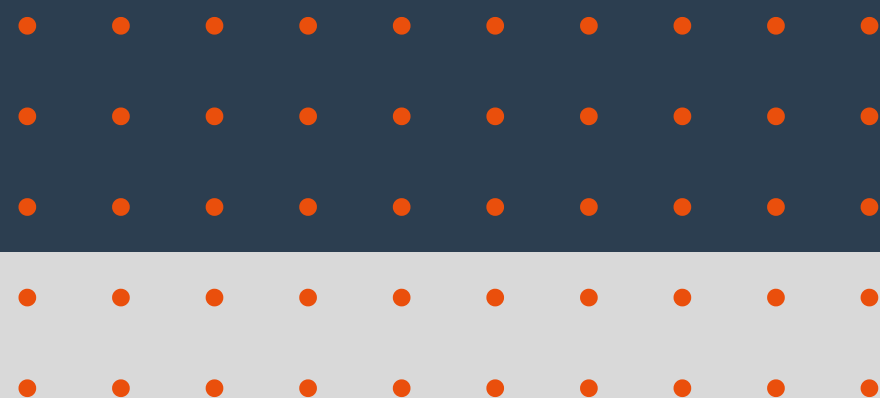
**PAIN WITH
WEIGHT
BEARING**

**PAIN AT
REST**

**BONY
ENLARGEMENT**



IF I HAVE OSTEOARTHRITIS – DO I NEED XRAYs



RISK FACTORS FOR DEVELOPING OA



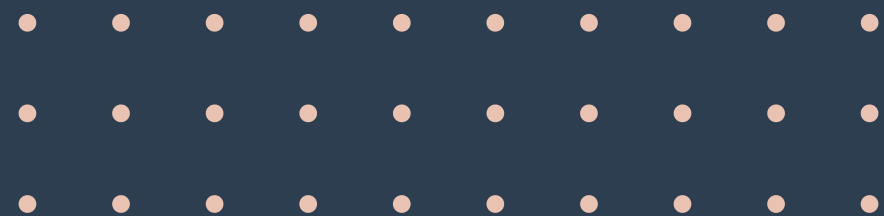
01. AGE

02. SEX

03. PREVIOUS INJURY/TRAUMA

04. GENETICS

05. OTHER CONDITIONS



MINIMIZING RISK

WEIGHT MANAGEMENT

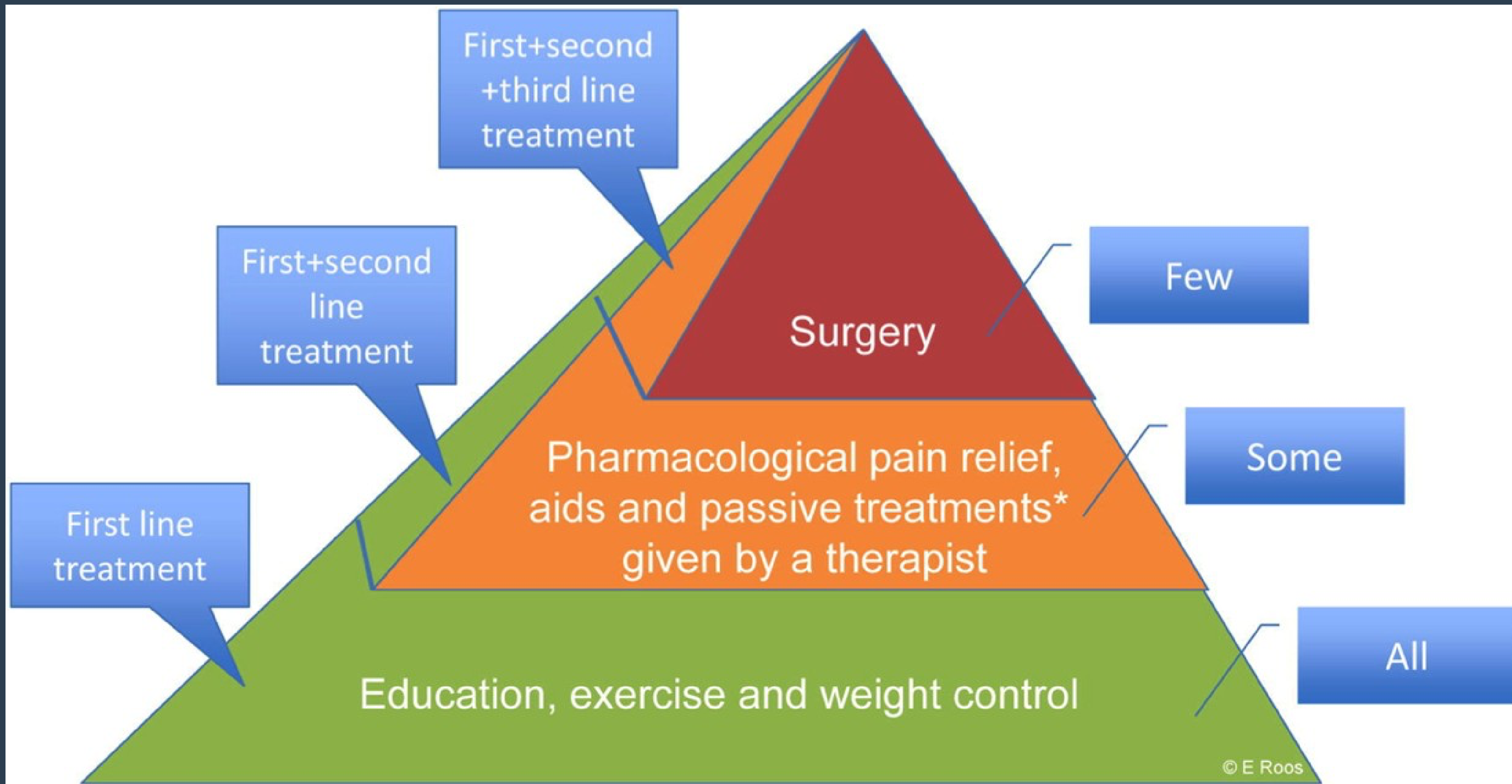
Joints carry 2–3x our body weight in force. Minimizing the load a joint needs to carry helps decrease joint stress

AVOIDING INJURY

Traumatic injury can lead to joint remodelling and earlier onset degenerative changes

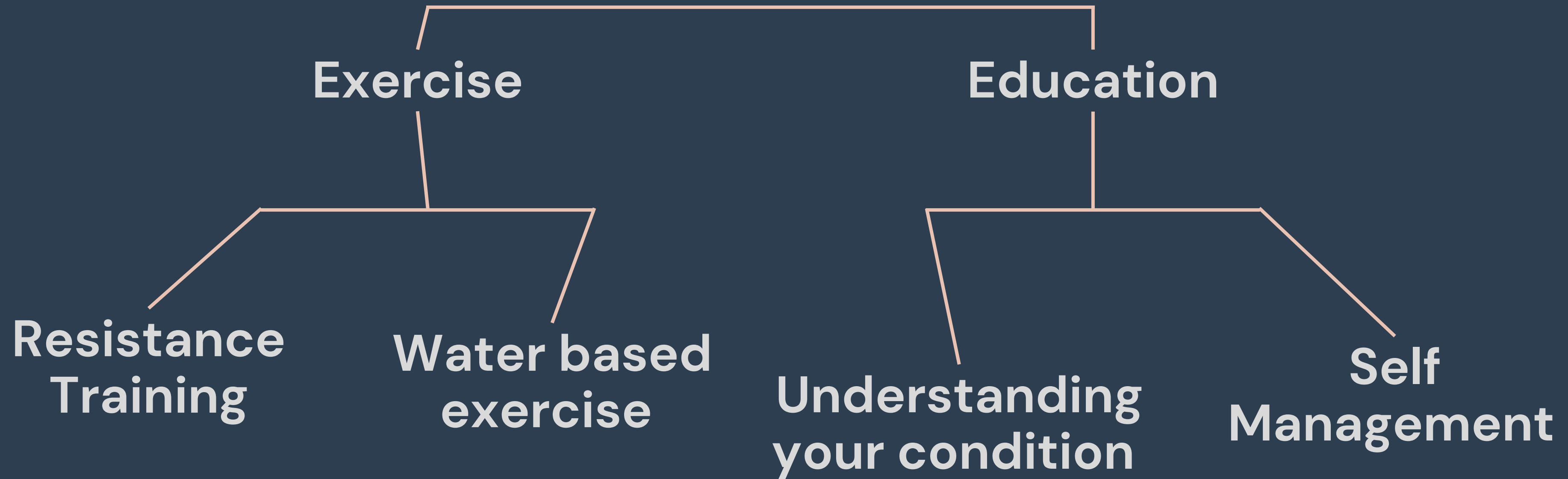
HEALTHY LIFESTYLE

Physical activity, adequate sleep, healthy diet, stress management



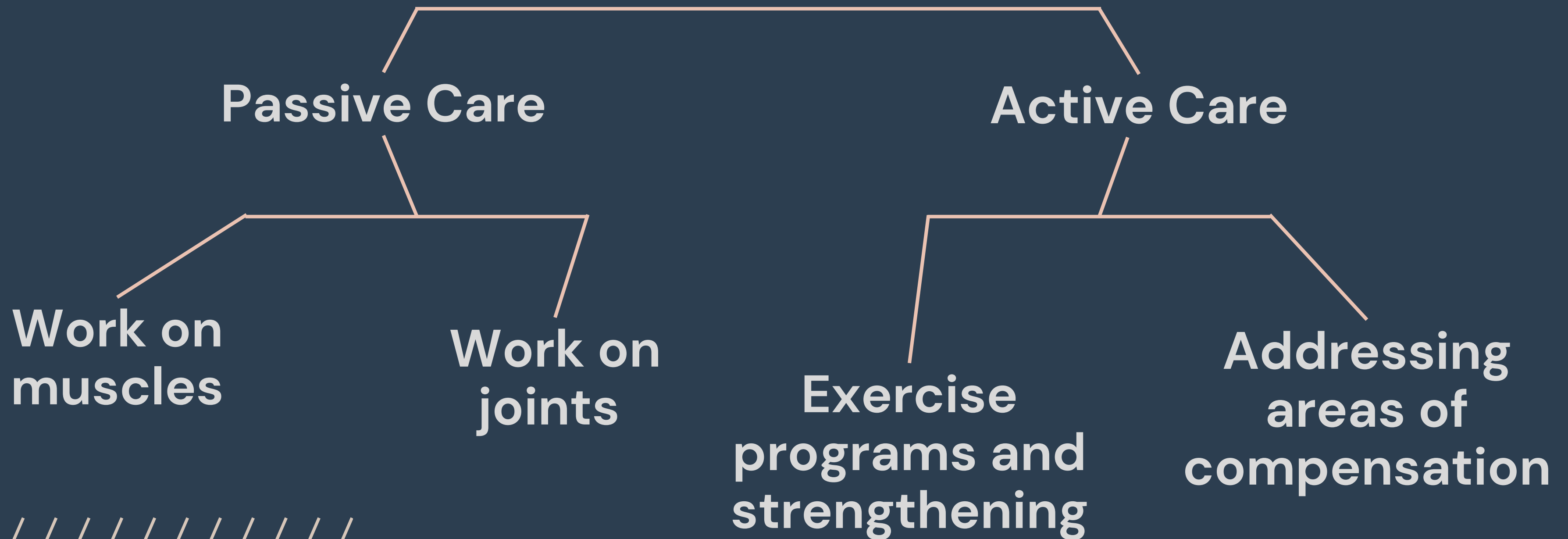
MANAGEMENT STRATEGY

First Line Treatment

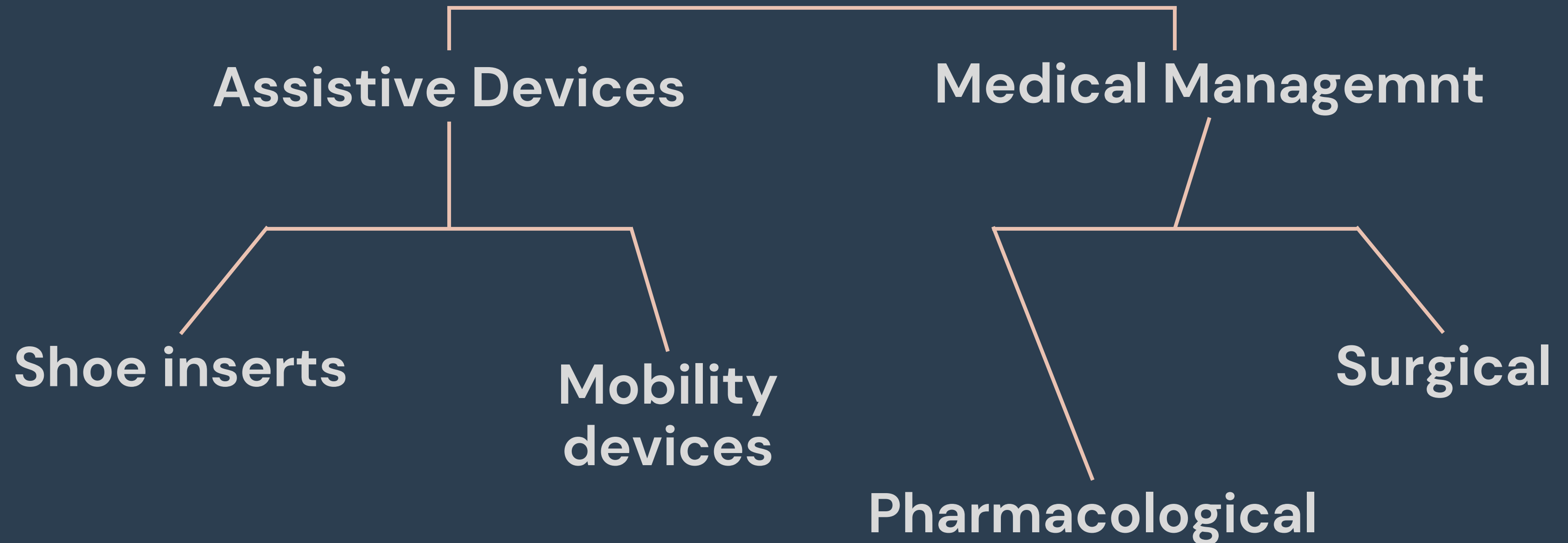


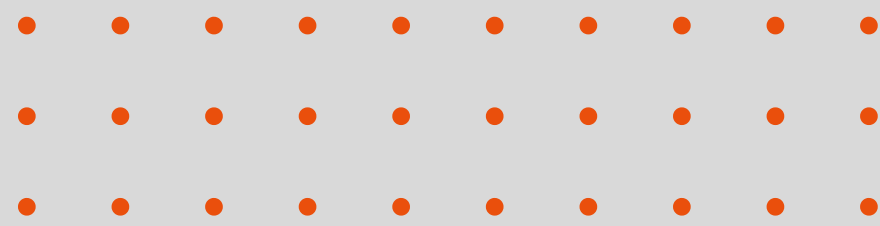
MANUAL THERAPY

Chiropractic, Physiotherapy, Massage therapy



OTHER SERVICES





EXERCISE DEMONSTRATION



Before we begin:

**Safety is always the # 1
priority**

**It is okay to watch the
exercise demonstration
and not participate**



Knee Extension

1



2



Ball Squeeze

1



2



Sit to Stand

1



2



3



4



Standing Hip Abduction



The Pt'Movement team is always here to answer any questions you have and create safe, individualized treatment plans that are specific to you.





**THANK
YOU FOR
YOUR TIME**

