



**Managing Hip & Knee Osteoarthritis
Optimally Through Exercise & Education**

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Goals for Today!



What are yours?



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Goals for Today!



- Better understanding of the pathology of osteoarthritis
- Increased awareness of the impact that physical activity & exercise can have on joint health
- Improved knowledge of self-management tools
- Feel empowered and inspired to get started!



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A Snapshot of Me...



- Physiotherapist since 2003 with advanced manual therapy and sport diplomas
- Strong focus in exercise and active rehab programs
- Opened Zoomers Physiotherapy and Health Solutions in 2018
- First clinic in NS to offer the GLA:D Program (Sept 2018)



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Today's Roadmap



- Pathology of osteoarthritis (OA)
- Potential Impact of OA on quality of life
- Management options for hip/knee OA
- Exercise for hip/knee OA
- Self-management tools for hip/knee OA, including nutrition



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Pathology of OA



- Involves the whole knee
- No longer considered "wear & tear"
- Mis-match in the rate of build-up and break-down of the cartilage on the ends of the bone
 - Cartilage thins & friction increases
 - Decreased stability of the joint
- Pain with use
 - Muscle inhibition & weakness develop



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Potential Impact of OA on Quality of Life

- Pain, stiffness and instability cause decreased confidence in physical ability
- Sleep disruption and limping can make previously enjoyable activities too painful and tiring to continue
- Overall well-being can suffer including:
 - Physical health
 - Mental health

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Management Options for OA



- **1st Line Treatment:**
Exercise, Education & Weight Management
- **2nd Line Treatment:**
Medications, Passive Therapies, Bracing, Gait Aides
- **3rd Line Treatment:**
Surgery (partial or total joint replacement)
- only 3-5% of people require surgery




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Exercising to Help Manage OA



- How does it help?
 - Cartilage health requires loading/unloading
 - Increased muscle strength
 - Better joint alignment
 - Decreased body weight
 - Less mechanical pressure
 - Reduced inflammation

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Exercising to Help Manage OA

- What type of exercise is best?
 - Aerobic
 - Strengthening
 - Neuromuscular
 - Flexibility/Mobility



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“Motion is Lotion.”

–John Doe, PT

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Management of Hip & Knee OA through Nutrition

Inflammatory	Anti-Inflammatory
<ul style="list-style-type: none">• Added sugar and refined carbs• Fried foods• Red and processed meats• Margarine, shortening and lard	<ul style="list-style-type: none">• Antioxidants• Fibre• Omega-3s• Polyphenols



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Foods to Limit/Avoid

Added sugar and refined carbs

- Eating high volumes of sugar or refined carbs alone can cause blood sugar spikes

Fried Foods



- Deep fried food are cooked in oils high in omega 6

Red and Processed Meat

- These are high in saturated fats

Margarine, Shortening and Lard

- All high in trans fats

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Foods to Increase/Seek Out

Antioxidants

- Help fight oxidative stress in the body

Fibre



- This helps stabilize blood sugar levels and feeds good gut bacteria

Omega 3

- Good for overall health

Polyphenols

- These are a group of different types of plant compounds

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Self-Management Tools for Hip & Knee OA

- Learning appropriate pain behavior interpretation
- Activity modification
 - Pacing, bracing, gait aides
- Hot/cold use
- Medications
 - Topical (medicinal and sensory only)
 - Oral




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Figuring this all out for yourself is hard...

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An Example of an Osteoarthritis Management Program

- GLA:D Program (Good Life with osteoArthritis, from Denmark)
- 6 week exercise and education program for people with hip and knee osteoarthritis (OA)
- Evidence-informed program
- Goal: improve clients' self-management of their hip/knee OA symptoms



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What Does the GLA:D Program Look Like?




Exercise Circuit also includes Warm-up and Cool-down



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Results after the GLA:D in Canada


- Average pain reduction of 30%
- Reduced reliance on pain medications (knee)
- Increased walking speed and leg strength/ power
- 47% (hip) and 50% (knee) reduced fear of damaging joint
- **Improved quality of life (3/12 months post-program):**
Knee: 21%/34% Hip: 15%/33%



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Wrap-Up

- Effective management of the physical and mental health impact of hip/knee OA is possible
- It's never too early (or too late!) to start managing your hip/knee OA symptoms
- Appropriate exercise and self-management strategies are key in optimizing your success to *LIVE A LIFE YOU LOVE!*



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Need a Little Help to Get There?

Reach out to us at:
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 or call 902-453-1525




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See you soon!



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