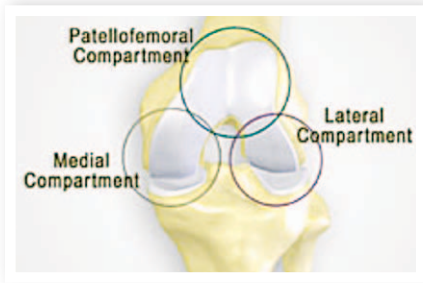
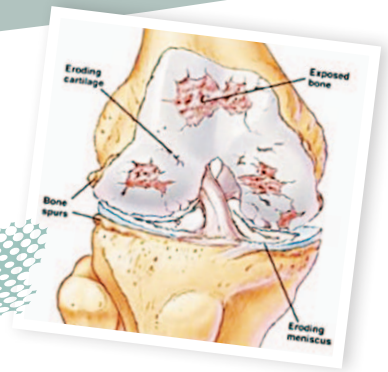


RETHINKING KNEE PAIN CAUSED BY OSTEOARTHRITIS



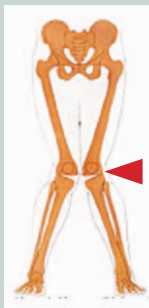
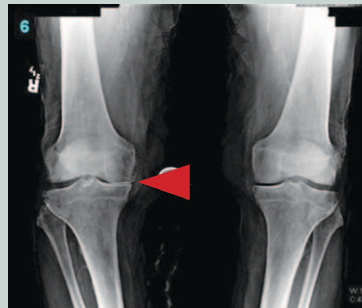
Whenver people hear the word **ARTHRITIS** they always think of Rheumatoid arthritis or a disease that affects the whole body causing joint pain and deformities. While a large portion of that idea is true, it is not entirely the case with **OSTEOARTHRITIS**. This condition can be described as a wear-and-tear of a particular joint. This wear and tear can be due to the normal aging process or it can be due to years and years of abusing a joint. Abuse of a joint is commonly seen in athletes who compete at a high level repetitively straining a particular joint.

Abuse of a joint can also be seen in individuals who don't do any sport but because of a joint misalignment the joint is unable to handle day-to-day usage and wears out sooner. We also see it in the older generation who had tough working conditions which involved daily squatting and long hours of standing and walking.

OSTEOARTHRITIS very commonly affects the knee joint. The actual disease process involves a narrowing of the knee joint spaces. The cartilage in the knee wears thin and becomes eroded. Often times little bone spurs develop as the osteoarthritis continues. The joint becomes enlarged and the alignment worsens giving the leg a bow-legged or knock-knee appearance.

Recent research on the biomechanics of the knee has shown that knee osteoarthritis is a very mechanical disorder. The knee is made up mainly of three compartments. The medial, lateral and the patellofemoral compartment.

It is the medial compartment that will typically become narrowed. This misalignment then progresses and grinds the cartilage down leaving you with bow-legs. However, it's important to mention that this can also occur the other way around. You could have bow-legs genetically which can later on in life lead to grinding away of the cartilage in the medial compartment. The same can be said for the lateral compartment and knock knees. As the lateral compartment space is reduced due to having knock knees it grinds away the cartilage worsening or causing osteoarthritis.



Many podiatrists like myself, have been using in-shoe wedges and orthotics to control the forces in the knee joint causing the joint space narrowing. For many years we did not have the research to back up the treatment other than the very obvious success we were able to achieve with our patients. Over the past decade, scores of research was conducted on the mechanical nature of knee osteoarthritis. Amongst others, sensors were placed on the knee, tested and data recorded. The data revealed that our treatments were successful using orthotics inside a patients shoe because it changes the direction of the force passing through the knee. The joint space narrowing is reduced and the osteoarthritis disease process described above, slows down or stops. The person then gets substantial functional improvements for day-to-day activities.

What this means is that surgical intervention or pain medication is no longer the only form of treatment available. It also means that osteoarthritis of the knee joint can be prevented by detecting incorrect knee alignment before the pain and wear and tear occurs.



Family Podiatry Centre Pte Ltd
 10 Jalan Serene, #02-19 Serene Centre
 (Corner of Bukit Timah & Farrer Road)
T: 6464 8654
E: footdoc@familypodiatry.com.sg
 Facebook.com/FamilyPodiatryCentre
www.familypodiatry.com.sg



Mark Reyneker

The Family Podiatry Centre was established in 2005. In its seven years the clinic has treated over 50,000 feet. It has grown to three centres, one in Singapore and two in Malaysia. Our team consists of four podiatrists, chiropractic, physiotherapy and nursing under the direction of its founder and podiatric Medical Director Mark Reyneker.