



## Osteoarthritis can be treated in Several Ways

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### Introduction

Regular exercise aimed to strengthen the quadriceps muscles, normalize the knee movement and to give better proprioception in the knees, may reduce pain and give an osteoarthritic knee a normal function [1,2].

The article refers to a 78 year old man who had trained this way 4-5 times weekly the last 10 years instead of having an operation for artificial knee as was recommended when he was 68 years old. He had no pain in the knee and could climb a steep mountain of 1800 m without problems. The article is giving detailed information of how the patients with osteoarthritis in the knee easily can train strength, joint movement and proprioception at home [1,2].

Strengthening of the muscles around the joint should be done with heavy weights, but with as little pressure as possible on the weight bearing cartilage. A bucket filled with stones is hanged on the wrist when sitting on a table. The bucket is lifted from about 20 degrees flexion in the knee to full extension 10-20 times. This gives only a low pressure on the cartilage in the knee. Exercise with body weight or with direct

pressure on the wounded cartilage often worsens the pain, especially in the beginning of the training period [1,2].

Osteoarthritis reduces the movement of the joint. This can be normalized by exercising. The joint should regularly be pressed passively in flexion and extension, holding the pressure about 20 s. The proprioception is gradually reduced as we grow older, but can easily be trained by balancing for some seconds on one leg every day or by walking on uneven ground in the terrain as often as possible. Walking on asphalt has no effect on proprioception [1,2].

The authors experience is that this way of exercise 4-6 times weekly gradually reduces the pain and in 4-5 months often normalizes the function in an osteoarthritic joint. It is necessary to continue the training 3-4 times weekly to preserve the effect. Without training 1-2 months most of the good results are lost [1,2].

### References

1. [www.tidsskriftet.no](http://www.tidsskriftet.no)
2. Bättre Omhändertagande av patienter med Artros (BOA)

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