

# DO YOU THINK YOU MIGHT HAVE OSTEOARTHRITIS (OA) OF THE KNEE?

The symptoms listed below are typical of knee osteoarthritis (OA). If you have one or more of these symptoms, we advise you to speak to your doctor.

- You have experienced pain or swelling in your knee(s) for some weeks now
- Your knee(s) feels stiff after you have been inactive for a few hours
- It hurts when you climb stairs or walk even a short distance
- You can hear a creaking noise in your knee(s)
- You feel a kind of grating when you move your knee(s)
- You cannot bend your knee(s) as far or as easily as you used to
- You are finding day-to-day activities like getting out of your chair, bath or car, increasingly difficult
- When you play sports or exercise, your knee(s) sometimes hurts too much to carry on
- You are kept awake at night with knee pain
- You have had a previous injury to your knee, perhaps to the anterior cruciate ligament (ACL) or menisci

## USEFUL INFORMATION IN PREPARING FOR YOUR DOCTOR'S APPOINTMENT

Remember to share with your doctor or clinician:

- When the pain first started \_\_\_\_\_
- A description of where and how often the pain affects you at present \_\_\_\_\_
- If certain types of activities make it worse (or better) \_\_\_\_\_
- What kind of life you led before the pain started (and whether your work affected you physically) \_\_\_\_\_
- How the pain is affecting your life now \_\_\_\_\_
- Information about any previous injury \_\_\_\_\_

### DON'T FORGET TO ASK:

- Might OA be causing my knee pain?
- Why does it hurt?
- How can I reduce the pain?
- Will I need any special tests or maybe even surgery?
- Should I take any medication and if so, which one(s) and what will they help with? Are there side effects?
- Do I need to change or stop any of my activities?
- Is there anything else I can do to improve the condition of my knee(s) or reduce the pain?

### WILL UNLOADER ONE BRACE WORK FOR ME?

- For those with OA isolated to one compartment (*Uni-compartmental*) of the knee (*this can be identify with an X-ray / MRI scan*) whose symptoms can't be controlled by other approaches to treatment and whose physical activity level is limited by knee pain or instability;
- For those with OA who do not want to undergo surgery, or those who want to buy time before surgery is necessary;
- For those with OA who are not candidates for replacement surgery because of their age or for medical reasons.

Össur is a global leader in the development of non-invasive orthopaedics. The Unloader One X brace should be fitted by a qualified Orthotist. Contact us on 0860 888 123 or please visit: [www.ossur.com/en-za/bracing-and-supports/unloader/osteoarthritis-pain](http://www.ossur.com/en-za/bracing-and-supports/unloader/osteoarthritis-pain) for further information on knee OA, treatment options and the Unloader One X knee brace.



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