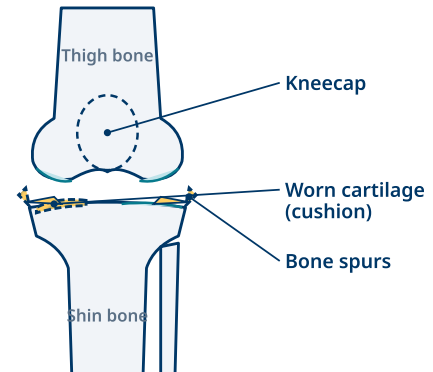


Knee Arthritis

What it is

Knee arthritis happens when the smooth cushion at the ends of the knee bones wears down. The knee may feel stiff, swollen and sore. It often gets slowly worse over years.



Common symptoms

- Knee pain with walking or stairs
- Stiffness after rest
- Swelling
- Grinding or creaking
- Reduced ability to bend or straighten the knee

Self-care tips

- Keep moving with gentle activity, like walking, biking or water exercise.
- Ice may help swelling. Heat may help stiffness. Use either for 15 to 20 minutes.
- A healthy weight may lower stress on your knees and hips.
- Ask us whether a cane, brace or better shoes may help.

What to expect at GSMC

At your visit: We ask about your symptoms and examine you.

Tests: You may need X-rays, an MRI or other tests. Not everyone needs them.

Your plan: We talk about your options, starting with the simplest steps. We decide together.

When to call us

- A hot, red, swollen joint, especially with fever
- You cannot put weight on the leg or use the joint
- Pain or swelling that keeps getting worse
- Locking or giving way that does not stop

Get care right away for a hot, swollen joint with fever, or after a bad fall or injury.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/conditions/knee-arthritis/



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This handout is general information and is not a substitute for medical advice.