

# Osteoarthritis



## Background

Osteoarthritis (OA) affects about 10% of the population.

Recent research suggests that OA is a group of diseases marked by a dysfunction in the repair of joint cartilage, especially in the weight-bearing joints such as the knees and hips.

**Symptoms include:** joint pain that may come and go, morning stiffness, loss of mobility, boney changes.

**Causes:** joint injury, infection, genetic factors and joint mechanics may play a part in the onset of osteoarthritis.

# Osteoarthritis

## Treatment

**REGISTERED MASSAGE THERAPISTS MAY IMPROVE THE COURSE OF OA BY :**

- **slowing disease progression, reducing pain and relieving symptoms**
- **improving function, flexibility & mobility**
- **reducing disability**
- **improving sleep**
- **improving quality of life by providing home exercise advice**

## Research

### **Ottawa Panel Evidence-Based Clinical Practice Guidelines for Therapeutic Exercises and Manual Therapy in the Management of Osteoarthritis**

Based on their thorough review of research the Ottawa Panel recommends the use of therapeutic exercises, especially strengthening exercises and general physical activity, particularly for the management of pain and improvement of functional status. Manual therapy combined with exercises also is recommended in the management of patients with OA. (Ottawa Panel. Physical Therapy 2005;85(9):907-971)

### **Massage Therapy for Osteoarthritis of the Knee**

This study suggests that massage therapy using the Swedish technique is safe and effective for reducing pain and improving function in patients with symptomatic OA of the knee. (Al. Perlman, A Sabina, AL Williams, V Yanchou Njike, DL Katz. Archives of Internal Medicine. 2006;166:2533-2538)

Visit [www.saskmassagetherapy.com](http://www.saskmassagetherapy.com) for more information