Risk Factors and Prevention of Osteoarthritis in the Knee

What is Osteoarthritis?
The cartilage in joints degenerates, causing bone to rub against bone.

Why is osteoarthritis important to understand?
In 2000, osteoarthritis became the 6th leading cause of non-fatal burden in the world. It is estimated that 1 in 10 people over the age of 60 have "significant clinical problems" that can be attributed to osteoarthritis.

Risk Factors
- Obesity
- Age
  - Over 50 years old
- Previous injury to the joint
- Occupation
  - Squatting or crouching often while working
- Muscle weakness around the joint
- Nutrition
  - High Vitamin C is associated with lower risk of knee pain
- Ethnicity
- Genetics
- Gender
  - Women are at higher risk

Prevention
- Staying at a healthy weight and eating well
- Reduce high impact actions
- Reduce overuse of the joint
- Strengthen the muscles around the joint
- Talk to a Doctor if you have pain in your knee as they can help manage the pain and lack of movement associated with osteoarthritis
Annotated Bibliography


