

Osteoarthritis

What You Need to Know About the Most Common Form of Arthritis

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What is osteoarthritis?

Osteoarthritis is caused by the progressive loss of articular cartilage. Cartilage helps pad and protect our bones and creates a smooth frictionless environment. Loss of cartilage results in grinding of the bones which leads to pain and inflammation.

Osteoarthritis is a progressive disease. The more osteoarthritis you have, the more you're at risk for getting.

How does osteoarthritis occur?

Risk factors for osteoarthritis include age, genetics, trauma, injury, repetitive high impact activities, and metabolic factors such as blood pressure, blood sugar, weight, triglycerides, and cholesterol.

Low grade inflammation causes breakdown of the articular cartilage resulting in joint dysfunction. Damage to articular cartilage causes the release of toxic enzymes and inflammatory proteins. This creates a harmful environment which causes further damage to the cartilage. This cycle repeats itself until all the cartilage is lost and bone comes into contact with bone.

The ultimate result is stiffness, decreased range of motion, swelling, and pain.

How is osteoarthritis treated?

Treatment of osteoarthritis should focus on prevention.

1. Exercise therapy is critical to decreasing pain and improving function. Aerobic exercise such as walking or stationary bike helps increase the production of lubrication in the joint. This helps the joint move smoothly.
 - a. **Aerobic exercise should be done at least 30 minutes every day.**
2. Resistance training and rehabilitation exercises strengthen the muscles around the leg to help take pressure off the joint.
 - a. **Strength training should be done at least 3 times a week.**
3. Load management and weight loss help to reduce overloading the joints.
4. Injections with platelet rich plasma may slow the progression of osteoarthritis.

Patient Education - Hip Osteoarthritis

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<p>Everything on Hip Arthritis Treatment Without Surgery: https://youtu.be/oJQQwcJmTc</p> 	<p>Hip Arthritis Exercises: https://youtu.be/GV4_naVdTiw</p> 	<p>X-ray Stages of Arthritis: https://youtu.be/WiZoV8PJ_tQ</p> 
<p>Treat Muscles to Relieve Arthritis Pain: https://youtu.be/f49OKQum87w</p> 	<p>Exercise Therapy vs Ibuprofen for Arthritis Pain: https://youtu.be/1rFO54npL5A</p> 	<p>Is it Safe to Walk with Arthritis? https://youtu.be/m1hqe5DBEqM</p> 
<p>PRP Injection for Hip Arthritis: https://youtu.be/0sZEvvPWq88</p> 	<p>PRP Slows Down Arthritis Progression: https://youtu.be/_7HU_-YDfQY</p> 	<p>PRP Injections vs Stem Cell Injections for Arthritis: https://youtu.be/JjkQvbM6rsW</p> 
<p>How Many PRP Injections Do You Need? https://youtu.be/6ZcvgWxMIXQ</p> 	<p>Are PRP Booster Injections Necessary? https://youtu.be/4pHwrWVDQTc</p> 	<p>Anti-Inflammatory Diet & Weight Loss for Arthritis https://youtu.be/MY1_6EnkChg</p> 