

## Is it Safe to Exercise on Arthritic Knees? August, 2010

Not only has weight-bearing exercise such as jogging and running been found not to contribute to knee arthritis, there is research to show that running actually promotes the development of thick, healthy knee cartilage. Still, these findings do not answer the question of whether people who have already developed knee arthritis may find weight bearing exercise to be beneficial. The answer may rest with an analysis of 13 randomized clinical trials conducted by British researchers, who found that patients with osteoarthritis of their knees benefitted from walking and muscle-strengthening exercises. Not only were these forms of exercise safe and effective, they helped to reduce pain and disability. Physical therapists can recommend an exercise program that is commensurate with their arthritis-sufferers' abilities.

Strengthening the muscles around the knee joint may help decrease the burden on the knee. Preventing atrophy (muscle loss) is an important part of maintaining functional use of the knee. At ISR Physical Therapy, we are committed to serving the community with high quality physical therapy and rehabilitation services. We specialize in orthopedic physical therapy, providing treatments for, knee and shoulder pain, back and neck pain, neuropathy, carpal tunnel syndrome and BPPV.

\*Stretching exercises, proper footwear and good technique are all part of an exercise program that is safe for joints.

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