

KNEE OSTEOARTHRITIS

Treatment for Arthritis



A step-by-step guide to causes, concerns and proper treatment for your joints

**RESERVE YOUR
NEXT VISIT TODAY**



kintec.net/booknow

Find all locations at kintec.net/stores

Vancouver	Richmond	White Rock	Abbotsford
Burnaby	Port Moody	Maple Ridge	Chilliwack
North Van	Surrey	Langley	

604-200-FEET (3338) | kintec.net

f t @kintecfootwear

The Kintec Approach

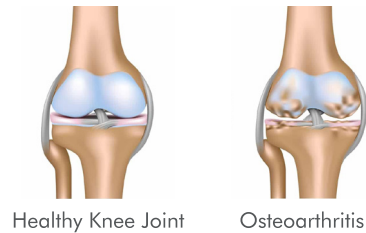
We're committed to your recovery

At Kintec, we know the latest technology and highly skilled staff are not enough to help you enjoy the health you deserve. That's why we take the time to understand and analyze your personal foot care needs—from rehab exercises to proper footwear, sports and injury braces to orthotics—ensuring you receive the best care possible.

Most importantly, we believe in empowering you, our customer, with the knowledge you need to actively participate in your own health. You can feel good trusting your foot care to us. Because at Kintec, we know feet.

KNEE OSTEOARTHRITIS

Osteoarthritis (OA) is the most common form of arthritis and affects 1 out of every 4 Canadians. It is most commonly found in people over the age of 55, but symptoms can begin to form much earlier.



OA can affect ANY joint in your body, including your fingers, hips, lower back, knees, and feet.

Traditionally, OA was associated with degeneration of the cartilage lining bone. However, we now understand that OA is a disorder of all of the tissue in the joint including the underlying bone, cartilage, meniscus, and joint fluid.

As the degeneration of the joint continues, walking, climbing stairs, and even standing up from a chair can become challenging due to pain.

Early treatment and intervention is the best method of reducing long-term pain and degeneration.

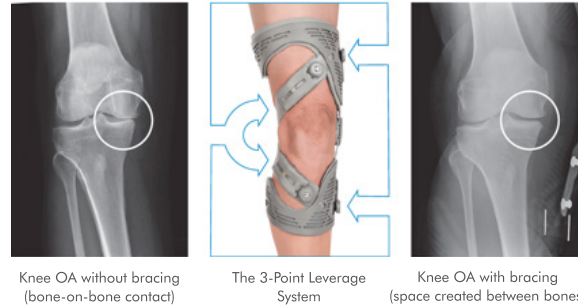
SYMPTOMS

- ▶ Pain in the knee joint during or after use
- ▶ Loss of mobility
- ▶ Grinding and popping sensations
- ▶ Joint swelling and stiffness
- ▶ Loss of flexibility of knee joint
- ▶ Feeling of locking or giving way

TREATMENT OPTIONS

Lateral wedges are inserts that sit under your feet in your shoes. By changing the angle that your feet sit in your shoes, we can reduce the pressure in the medial compartment of your knees, decrease pain, and prevent further degeneration.

Unloading knee braces apply force to the knee to reduce compression and pain in the affected area.



Custom foot orthotics are contoured insoles that fit inside your shoes. They are used to help control the motion of your feet and ankles. Overpronation of your feet causes increased rotation at the knee that may increase joint loading and pain caused by osteoarthritis.



By controlling and stabilizing your feet, we can provide relief at your knee.

Compression sleeves are used to control swelling, which is common with knee OA. Properly fitted knee sleeves can decrease swelling by providing compression and support throughout the joint.

TREATMENT OPTIONS FOR VARYING DEGREES OF SYMPTOMS

MILD

Education, exercise, weight loss, appropriate footwear, lateral wedges



MODERATE

Custom orthotics, physiotherapy, bracing, injections



SEVERE

Complete knee joint replacement surgery

KINTEC KNEE OA ASSESSMENT

Booking an assessment with a knee OA specialist is your best course of action to see which treatment options will work for you.

Following a thorough history, functional testing, and gait analysis, our knee OA specialists will be able to develop a conservative treatment plan suited to your pain level, goals, and activities.

Call to book an assessment with a knee OA specialist today at 604-200-FEET (3338).