

Knee osteoarthritis

Self assessment

Do you have osteoarthritis? You may be suffering from knee osteoarthritis and not even know it.

Do any of the following statements apply to you?

Yes	No	I frequently experience stiffness in my knee after resting or when I wake up
Yes	No	My knee is tender or sore after overuse
Yes	No	I feel pain in my knee when I move
Yes	No	I feel pain in my knee even when I am not active
Yes	No	Getting up from a chair, out of a car, or going up or down stairs is difficult
Yes	No	I hear a crackling sound in my knee when I move
Yes	No	I experience a grating feeling in my knee when I move
Yes	No	The area around my knee is red and swollen
Yes	No	I am unable to do or enjoy certain activities because of pain or stiffness in my knee
Yes	No	I feel less coordinated due to pain or stiffness in my knee
Yes	No	I have noticed the muscles in my leg are not as strong as they used to be

If any of the above statements apply to you, you should see a physician to get diagnosed. Early osteoarthritis treatment is the key to success.¹

References

1. How to care for yourself. The Arthritis Association Web site. http://ww2.arthritis.org/conditions/self_care.asp. Accessed April 21, 2009.

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09/09