

# 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.<sup>1</sup>

### References

1. How to care for yourself. The Arthritis Association Web site. [http://ww2.arthritis.org/conditions/self\\_care.asp](http://ww2.arthritis.org/conditions/self_care.asp). Accessed April 21, 2009.

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