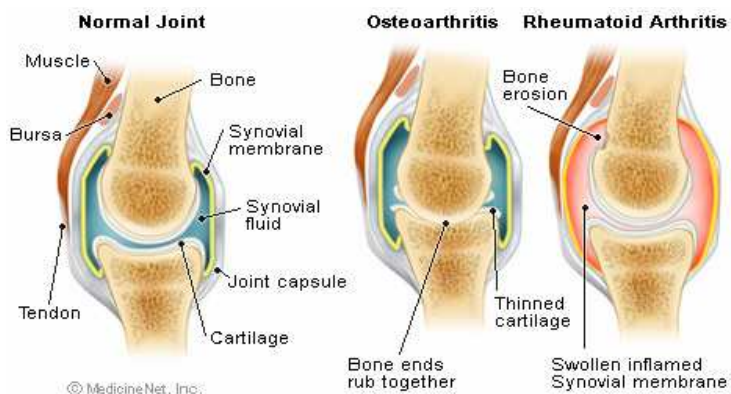




Call 519-668-8855
www.backnmotion.com

151 Pine Valley Blvd., London, ON
 (Across From Home Depot)

OSTEOARTHRITIS OF THE KNEE



Normal and Arthritic Joints

WHAT?

Osteoarthritis is a chronic joint disease characterized by degeneration of joint cartilage and adjacent bone.

The goals in treating OA of the knee are to alleviate pain and improve functional ability

SYMPTOMS? May be, but are not limited to; pain, swelling and/or redness, crepitus, stiff / tenderness, weakness, clicking / catching, and decreased functional ability.

CAUSES? Common causes for Osteoarthritis of the knees are; Age, Knee Trauma, and Obesity

Biomechanical factors such as Flat feet and poor posture / Gait also may lead to OA.

TREATMENT OPTIONS

The Key is determining what is causing the Knee pain and methods to reduce and repair signs and symptoms.

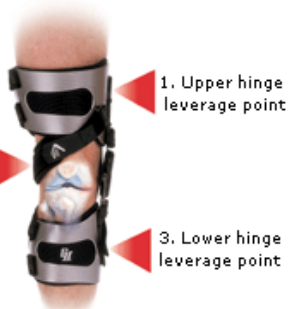
LASER - Reduces inflammation/swelling and increases cellular repair

MASSAGE - Treating adhesions and lengthening / stretching musculature

BRACING - Eases pain during the day and corrects alignment / Unloading Joints

ORTHOTICS - Corrects any gait problems such as over-pronation

ICING - Beneficial for decreasing inflammation and pain



G2 OA Unloader XT Custom

The hinge accounts for two points of leverage, while the **Dynamic Force Strap®** (the diagonal strap over the knee) provides the third point.

By '**unloading**' the pressure from the affected area, there is usually a reduction in pain. Depending upon the level of pain experienced, the brace may provide the necessary relief. People with severe OA may wish to combine the brace with other forms treatment to experience maximum results.

Back 'n Motion offers a multi-faceted approach to pain management.

LASER · MASSAGE · ORTHOTICS · BRACES · STOCKINGS