

PSI Evidence-Based Newsletter

The **only** physiotherapy clinics in Ottawa **accredited** by the Canadian Physiotherapy Association for excellence in service

Knees - The Facts

- Osteoarthritis is the most common diagnosis associated with the knee.
- Taking a good history and using a group of tests to stress the meniscus may be as accurate, sensitive and specific as an MRI.

Knee Pain

- Diagnosing meniscal lesions...
 - 1) history of a specific trauma involving tibial or femoral rotation on a weight bearing foot
 - 2) "clicking" since the injury
 - 3) knee "buckling or giving way"
 - 4) knee spontaneously "locking"
- Exercise can significantly increase the glycosaminoglycan (GAG) content in knee cartilage. Those at risk of knee OA should begin exercising, as adult human articular cartilage has a strong potential to adapt to loading change.

Physiotherapy helps!

- Patellar taping into a medial direction is a simple, safe and cheap way of providing short-term pain relief in patients with pain and osteoarthritis of the patello-femoral joint.
- Exercises (on land) improve pain and the ability to move in people with OA of the knee.
- Acupuncture reduces the pain and functional impairment of osteoarthritis of the knee.

Muellner T et al. (1997) The **diagnosis of meniscal tears in athletes; A comparison of clinical and MRI investigations**. American Journal of Sports Medicine 25(1):17-12
 Roos EM, Dahlberg L. (2005) **Positive effects of moderate exercise on glycosaminoglycan content in knee cartilage: a four-month, randomized, controlled trial in patients at risk of osteoarthritis**. Arthritis Rheum. Nov. 52(11):3507-14.
 Osiri M, et al. (2000) **Transcutaneous electrical nerve stimulation for knee osteoarthritis**. Cochrane Database Syst. Rev. 4:CD0002823.

Why use PSI Physiotherapy and Sports Injury Centres?

- ✓ We focus on functional outcomes.
- ✓ We improve level of function, ability to work, and quality of life.
- ✓ We aim for long-term results not just short-term pain relief.
- ✓ 81% of PSI patients surveyed felt 76-100% better after physiotherapy.