



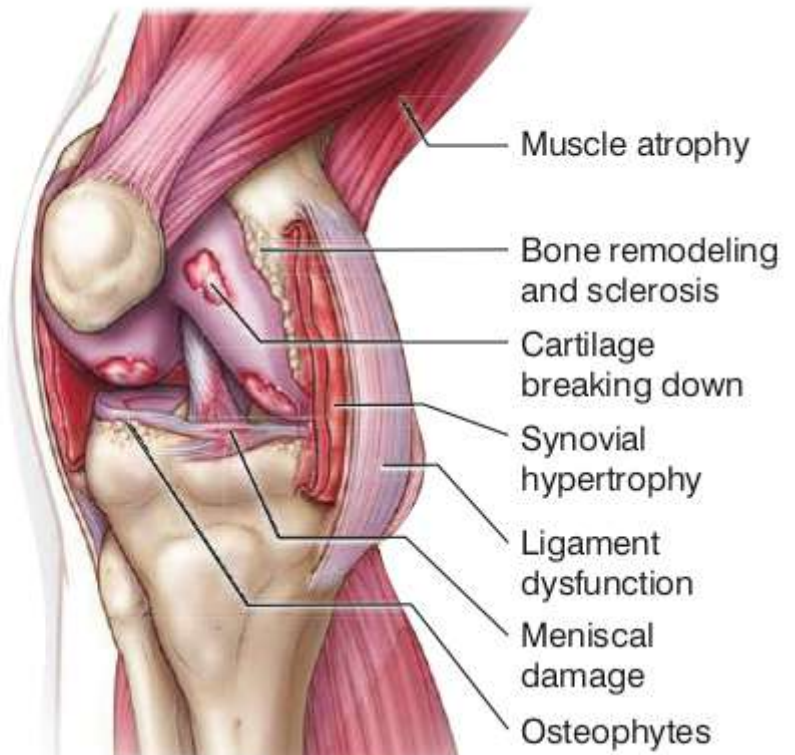
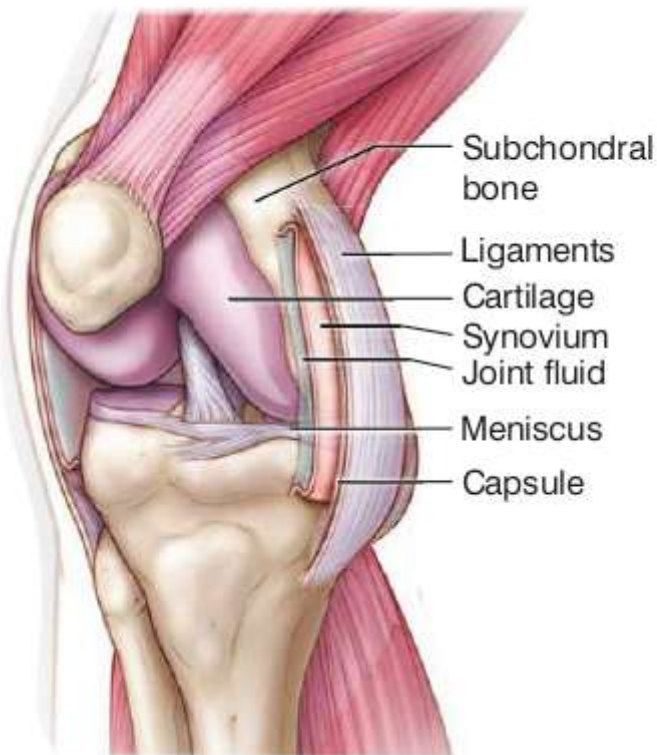
Patient Education



Structure of the Knee Joint

Normal knee

Osteoarthritic knee



Schematic of the knee joint, showing the synovial joint tissues affected in Osteoarthritis.



OA Grades

Kellgren-lawrence (KL) grading scale

Grade 0



Normal

No features of OA

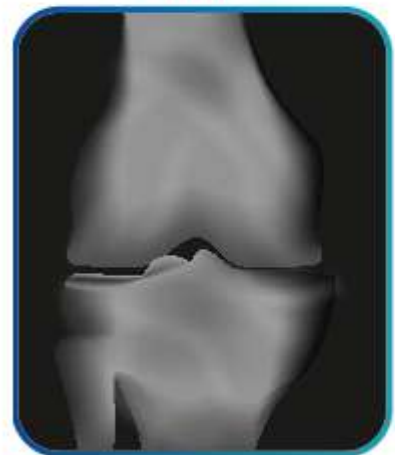
Grade 1



Doubtful

Minute osteophyte:
doubtful significance

Grade 2



Mild

Definite osteophyte:
normal joint space

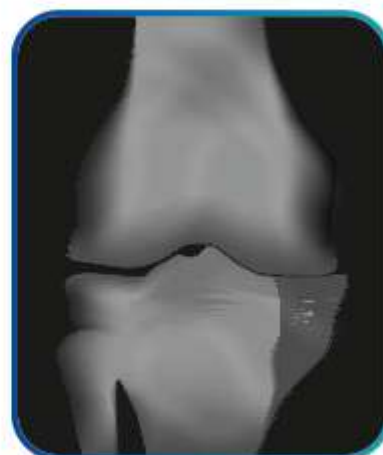
Grade 3



Moderate

Moderate joint
space reduction

Grade 4



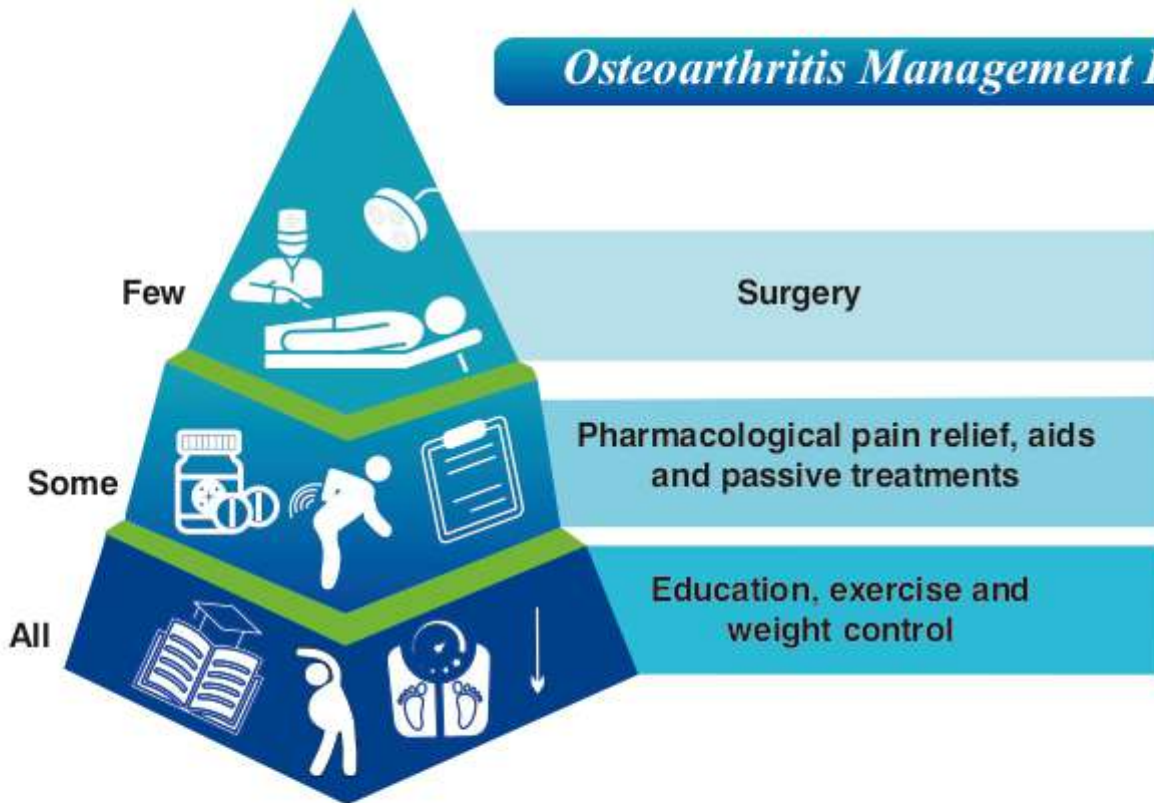
Severe

Joint space greatly reduced:
subchondral sclerosis



OA Management

Osteoarthritis Management Pyramid



What is Conservative Treatment for Knee Osteoarthritis?



Exercise

Strengthens knee and its surrounding muscles while increasing flexibility and mobility



Weight loss

Reduces stress of bodyweight on the knee, decreasing pain and bone-on-bone contact



Aids

Provide support and stability to the knee, allowing for increased activity levels



Joint-friendly Exercise Options



Pay Attention To FITT



F: **Frequency** - Start low and go slow, gradually increase.



I: **Intensity** - Adjust so as to be able to talk while exercising without difficulty.



T: **Time** - Aim for 150 min of moderate intensity exercise per week.



T: **Type** - Try a combination of aerobic 3-5 days/week, strengthening 2 days/week and balance/flexibility 3 days/week.

Caution

Stop exercising and consult your Dr in case of

- Sharp, stabbing or constant pain
- Pain lasting > 2 hrs after exercise
- Pain not resolving with rest and pain medicines



OA : Nutrition Tips



Grade 1

- Maintain a healthy weight to reduce joint stress.
- Include anti-inflammatory foods such as
 - Fruits rich in Antioxidants (e.g. Berries, Cherries etc)
 - Leafy greens and peppers.
 - Spices such as turmeric and ginger
- Include omega-3 fatty acids from fatty fish like salmon, tuna, and mackerel twice a week, or consider fish oil supplements
- Include Calcium and Vitamin D: Ensure adequate intake for bone health through dairy products, fortified foods and supplements



Grade 2 & 3

- In addition to the Grade 1 Tips**
- Increase anti-inflammatory focus: Consider a mediterranean diet rich in fruits, vegetables, whole grains, fish, and olive oil.
 - Reduce pro-inflammatory foods: Limit red meat, processed foods, sugary drinks, and refined carbohydrates
 - Hydration is key: stay well-hydrated with 8 glasses of water daily.



Grade 4

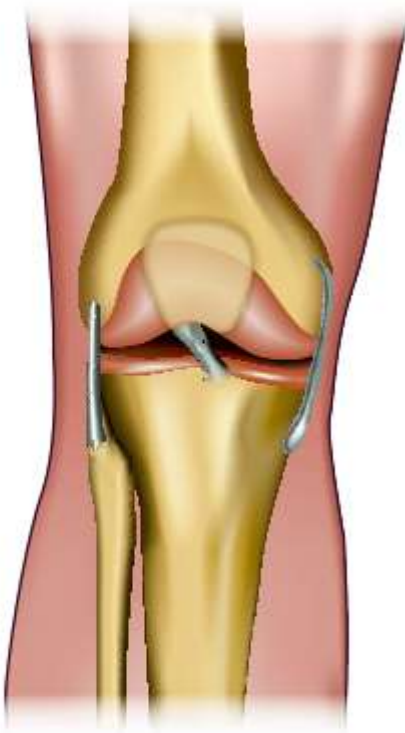
- In addition to the Grade 1-3 Tips**
- Consider getting a personalized approach from a dietitian or nutritionist to addressing pain management, weight management and specific nutritional needs.
 - Focus on nutrient density with nutrient-rich, easy-to-digest food.
 - Consider meal replacements if preparing meals becomes difficult.



Surgical option in Osteoarthritis

Osteoarthritis - Surgical Option - Joint Replacement Surgery

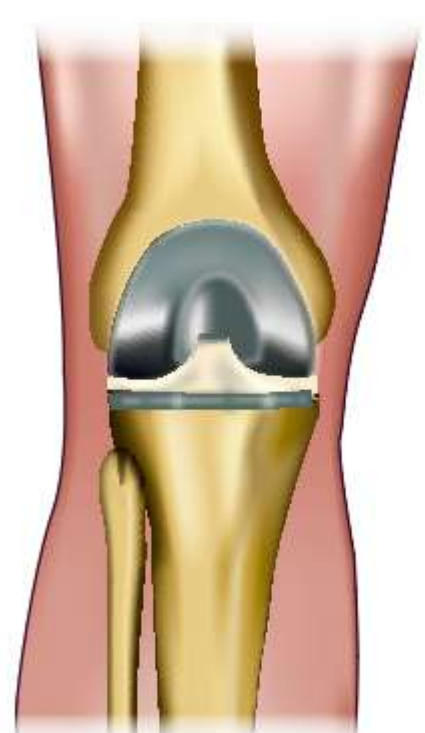
Normal Knee



Arthritic



Replaced Knee



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Reflex-360
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