Healthy Living with Knee Arthritis
The Orthopedic Specialty Hospital

“The Arthritis Team”
- Primary Care Physician
- Physical Therapist
- Orthopedic Surgeon
- Nutritionist

What is Arthritis?
- “Wear and Tear”

Why Diagnosis Important?
- Is it arthritis?
- Explore treatment options
- Optimal pain relief!
Making the Diagnosis

- Pain everyday
- Lifestyle
- Swelling
- Stiffness
- Deformity
- X-ray
- MRI

Treatment Options

- The right combination for you

- Medications
- Injections
- Physical therapy
- Weight loss
- Nutrition consult
- Surgery

Medications

- Why?
  - Decrease
    - Pain
    - Swelling

Medications

- Over the counter meds
  - “1st Generation”

Tylenol  Ibuprofen  Naprosyn

- Prescription meds
  - “2nd generation”

Medications

- Corticosteroids
- Viscosupplementation
Physical Therapy Evaluation

- Flexibility
- Strength
- Walking Pattern
- Shoes
- Weight
- Lifestyle
- Goals

Healthy Living

Flexibility

Healthy Living

Healthy Living

Healthy Living

Healthy Living
Before you strengthen.....

Polish the joint

Slow, rhythmic, light resistance

Strength
Light weight
50-100 reps
GRADUAL increase

Walking Pattern
Body Weight

For every 1 pound of body weight you lose, it takes 4 pounds of pressure off your knees.

Losing 10 pounds takes 40 pounds of pressure off your knees.

According to the Arthritis Foundation…..

Middle aged and older women who lose 11 pounds or more over a period of 10 years cut their risk of developing knee arthritis in half.

Lifestyle

What activities can you do successfully now?

What activities would you like to do?
Pace Yourself to Prevent Pain and Stiffness

- Create a manageable schedule
- Alternate heavy tasks with light tasks
- Change positions frequently
- Plan rest breaks during your activities
Modify Activities

Healthy Living

Modify Activities

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Healthy Living
Modify Activities

Apply Heat and/or Cold

Heat – increases blood circulation
Cold – decreases inflammation and pain

15 minutes maximum

TOSH Nutrition Team
Obesity Trends* Among U.S. Adults
BRFSS, 1991-2005
(*BMI ≥ 30, or ~ 30 lbs overweight for 5’ 4” woman)

Attaining a healthy body weight
Too much weight:
- Increases load on joints
  - 10 lbs overweight increases load on knee by 30-60 lbs w/ each step
- Worsens arthritis
- Post-surgery complications
- Increases the risk of diabetes, heart disease

Weight Control:
Understanding the energy balance equation
ENERGY in
Eating too much
ENERGY out
Moving too little

Tasty and Healthy Eating for Life
- Color from fresh fruit & vegetables
- Real whole grains
- Wild Fish
- Organic turkey, chicken, eggs
- Lean red meat
- Low fat, unsweetened dairy
- Unprocessed soy
- Flavors from nuts, seeds, dried fruit, herbs, spices, olives, capers, delicate oils, cheese
- Your Favorites

Color from Veggies & Fruit
Soups
Salads
Veggies
Buy them local!
Buy them organic!
Eat them fresh!
Eat them daily!

Add Flavors to Your Plate!
- Olive oil
- Vinegars
- Lemon juice
- Herbs
- Pesto
- Hummus
- Salsa
- Nuts & Seeds
- Cheese
- Fruit
- Avocado
- Sea salt
- Pepper
**Color and Flavor Your Snacks!**

**Combine Protein with it!**

**Eat Real Grains!**

**Trans Fats & other Cheap Ingredients in our Food**
(processed from corn, soy, cotton, wheat)

- **TRANS FAT**
  - Chemically processed vegetable oils with bad effect on blood lipids!

- **HIGH FRUCTOSE CORN SYRUP**
  - Chemically processed sugar from corn: sweetest, cheapest, and worst sugar!

Check the ingredient list!
- **Granola Bar**
  - Ingredients: enriched flour, sugar, soybean oil, partially hydrogenated soy and corn oils...

Check the ingredient list!
- **Granola Bar**
  - Ingredients: enriched flour, high fructose corn syrup, sugar, palm oil, coconut oil

So... is it all good for us if it is trans fat and HFCS free??

**Eat Real Food – Avoid the Junk!**

**Inflammation: Food is Medicine!**

- **DAMAGING...**
- **HEALING...**

GROCERY STORE:
- AVOID THE MIDDLE

PRODUCTS:
- AVOID LONG INGREDIENTS LIST
- AVOID TRANS FATS
- AVOID HFCS
- AVOID NON-FAT & LIGHT

RESTAURANT:
- AVOID FAST FOOD
- AVOID FRIED FOODS
- AVOID SUPER-SIZED MEALS
More Healing Foods & Flavors
Reduce damage and inflammation

Enjoy your Favorites in small amounts
A Little HANDFUL
TIPS FOR FAVORITES...
Favorite “little” dish!
Enjoy without distraction!
Enjoy it slowly!
Don’t let it become a habit!
Pair it with fruit!
Pair it with yogurt!
Get on with your day!

What to Drink and How Much...
3 to 5 TIMES A DAY
NO SUGAR...NO CALORIES...NO CAFFEINE...
MAKES YOUR CELLS HAPPY

Healthy Eating – Healthy Living

Drugs - Nutrient Interactions
NSAID
• Avoid alcohol!
• Aspirin: increased need for fluids, folate, and vitamin C
  – Increase fruit and vegetables!
  – Increase daily fluid intake ~10 cups/day
• Attention with anti-coagulants: garlic extract, ginger, gingko, horse chestnut, vitamin E

Resources
Weight Loss Community Class & individual consults for weight loss
call IHC at: 314-2918

Great Food Books:
Mindless Eating: Wansink
Hope’s Edge: Morel Lapre
Harvest for Hope [A Guide to Mindful Eating]: Goudak
Ending the Food Fight: Ludwig and David Rostler
The Eco Foods Guide: Barstow
The Omnivore’s Dilemma: Pollan
What to Eat: Nestle
Intuitive Eating: Tribole and Resch
Volumnetrics: Rolls and Barnett
Healthy Aging: Weil
Slow Food Nation: Pollan
Food Fight: Citizen’s Guide to a Food and Farm Bill: Inhoff

Cookbooks & Magazines
The Healthy Kitchen: Weil and Daley
The Wellness Kitchen: UC Berkeley
Small Plates: Marceau-Henderson
Keep it Seasonal: Wayte
With a Measure of Grace: Spalding and Castle
Spices of Life: Simonds
Eating Well Magazine (quarterly publication)
When conservative treatment no longer works . . .

Surgery

• Appropriate candidate
• Select best procedure
• Experienced surgeon

Surgical Options

• Arthroscopic “clean-up”
• Cartilage restoration
• Osteotomy
• Total knee replacement
• Uni-compartmental knee replacement
Arthroscopy

- Joint clean-up
- Symptom relief
  50-90%
- 6-24 months

Cartilage Restoration

Osteotomy

Total Knee Replacement

Unicompartmental
Post Surgical Physical Therapy

- Knee motion
- Walking
- Strengthening

Any physical therapy and nutritional modifications done before surgery can improve your rehab following surgery.

Question and Answers

- Physician
- Physical Therapist
- Nutritionist
- Surgeon
- Utah Arthritis Program Resource Specialist

What can you do now?

- Group classes in the pool
- Land exercise classes
- Self help home study

Contact Information

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