



## **Osteoarthritis**

Osteoarthritis is a chronic condition characterized by the degeneration of joint cartilage, most commonly affecting the weight-bearing joints of the body. It is often falsely assumed that there is little that can be done about it, other than taking anti-inflammatory medications. Although much of the damage is irreversible, restoring full joint range of motion and developing muscle strength around the affected joints can help alleviate symptoms and enhance function. The best treatment involves identifying and addressing underlying biomechanical factors which may have led to the development of the condition in the first place. Come see us for an assessment.