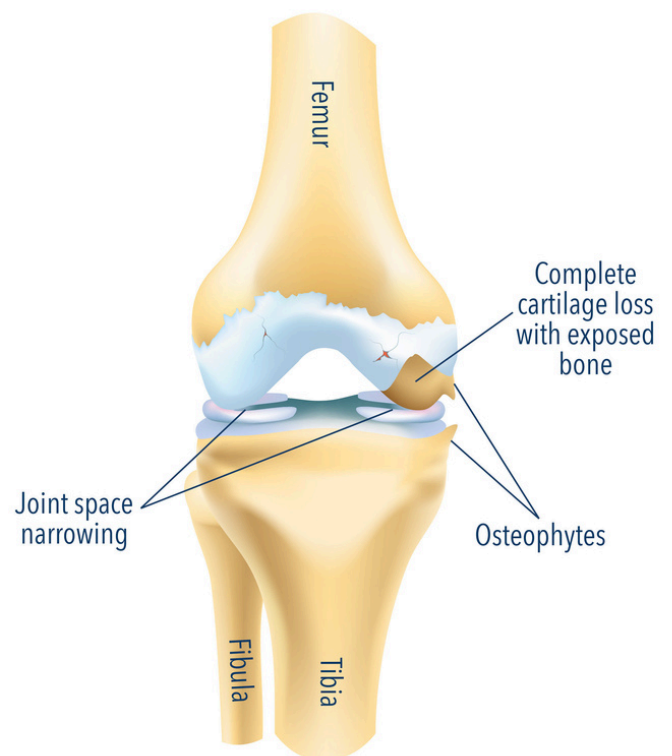




Mr Vishal Pai  
ORTHOPAEDIC KNEE SURGEON

# Effective Osteoarthritis Treatment for Better Mobility

Osteoarthritis



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[vishalpai.com.au](http://vishalpai.com.au)



All our knee's bend and straightens easily because it is covered in a smooth lining of tissue called cartilage. When this cartilage is damaged and our bone rub against each other due to the absence of the cartilage. The pain may wax and wane in severity and may be associated with swelling within the knee. Osteoarthritis is a result of cartilage loss within the knee and can cause knee pain.

Although, most patients with [osteoarthritis treatment](#) can be managed without surgery. And some may need the surgery to walk free without any pain. But don't worry there are ways to feel better and stay active. Few of the effective treatments are:

- Weight loss
- Gentle exercises
- Walking
- Swimming
- Stretching

These exercises may help your joints to stay flexible. With all these osteoarthritis treatments, you can ensure that your pain doesn't increase and help you to recover quickly without any surgery. While doing All these exercises keep in mind that you don't exert yourself too much or cause more stress to your knees as it might result in damaging your cartilage completely instead of healing it.

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If you have osteoarthritis in just one part of your knee, you might not need a full knee replacement. For osteoarthritis treatments in many cases, only one of the three parts of your knee is damaged. If that's true for you, a partial knee replacement could be the right choice for you. This surgery replaces only the damaged part of your knee, not the whole joint. That means more of your natural knee stays in place.

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