

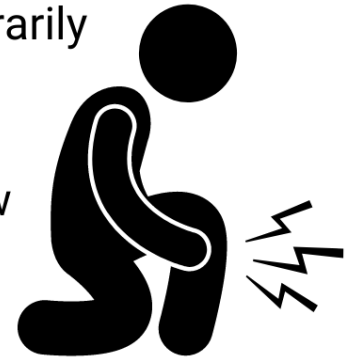
Knee osteoarthritis symptom flare-ups

What is it?

When your knee osteoarthritis pain increases temporarily

Why did it happen?

It may have been something specific (e.g. tried a new activity or did more walking than usual), or it could be for an unknown reason. Either way what you should do is the same



What should I do?



1 Don't panic

They are common, rarely a sign of anything serious and usually get better quickly. Worrying about pain can actually make the pain feel worse

2 Reduce pain in the short-term by:

- Temporarily modify your activity (i.e. do less or use a support)
- Use heat or ice
- Use medications if appropriate*



3. Use your knee as much as possible

Try to avoid complete rest and gradually build yourself back up to normal function. You should be there within a few days