

WHY PEOPLE GET OSTEOARTHRITIS?

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NON-MODIFIABLE FACTORS

Age

Cartilage is a living tissue that can age and weaken over the years

Sex

Women get osteoarthritis more often than men

Hereditary

Delicate cartilage can run in the family

MODIFIABLE FACTORS

Obesity

Being overweight puts more load on the joint

Physical Inactivity

Cartilage needs a healthy amount of load to regenerate

Muscle Weakness

Weak muscles won't provide proper support to a joint. This leads to more loads being applied to areas of cartilage that don't take weight well



ROLE OF PREVIOUS INJURIES

Sports related joint injury

Top level sports can cause great loads on the whole body without allowing for regeneration

Work or leisure time related joint injury

Lots of load over a long period of time without rest can cause osteoarthritis later in life



There is not one simple reason why you may have osteoarthritis - it is more likely a combination of factors