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Keep Moving: Physical Activity Doesn't Increase Your Risk of Knee Osteoarthritis

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Introduction

Physical exercise, according to researchers, is unrelated to the development of osteoarthritis in the knee.

Researchers found that the quantity of energy used during exercise and the duration of physical activity did not raise the chance of developing osteoarthritis, according to a study published.

"Knowing that physical activity and time spent doing it are not linked to the development of knee osteoarthritis is crucial evidence for both clinicians and the general population who may need to consider this when prescribing physical exercise for health".

Researchers used data from six trials with a total of 5,065 people to conduct their study. Some of the people in the study had osteoarthritis in their knees, whereas others did not. All of the participants were above 45 years old [1,2].

For a period of 5 to 12 years, the individuals were monitored.

Researchers discovered no link between whole-body physical activity such as sports, walking, or cycling and knee osteoarthritis.

Although the benefits of physical activity for cardiovascular health are widely known, the influence of physical activity on osteoarthritis was unknown until today. "The extant literature on this topic is varied, but it largely backs up this conclusion." "Physical activity is difficult to quantify because it is so complex. According to previous research, "vigorous exercise for more than 4 hours a day increases the risk of knee osteoarthritis, while moderate levels of physical activity may not," he noted [3].

What is Osteoarthritis

Osteoarthritis most commonly affects the hip, knees, and hands. The cartilage between joints wears away and the bone beneath changes in osteoarthritis.

This might result in discomfort and edoema, as well as stiffness. Osteoarthritis can be so severe in some people that it stops them from conducting their normal tasks. Osteoarthritis is the most frequent type of arthritis and the most common cause of lower extremity impairment in older people. It accounts for more than 40% of all hospitalizations [for arthritis], almost 20% of all outpatient visits related to any type of arthritis, and it is one of the leading causes of years spent disabled globally. In a nutshell, osteoarthritis is a crippling condition. Osteoarthritis affects more than 32 million persons in the United States. According to experts, the condition is linked to a number of risk factors.

"Osteoarthritis is a complex illness that has been associated to age, gender, obesity, past joint disease, surgery, genetics, and metabolic problems," says the study. "The amount of load that's across the joint is one of the primary risk factors that we think about in terms of advancement of [osteoarthritis] or at least symptomatic arthritis," he added [4].

"Exercise has been linked to weight loss or optimization, so if you can lose weight or optimise your weight, you'll reduce your load or impact across the joint in the long run," Liu explained.

Exercise and Osteoarthritis

Osteoarthritis can't be cured, but it can be managed. Exercise is also useful for symptom management.

"It is thought that by enhancing the muscle around a joint and limiting mobility, the stresses through the joint will be more uniformly distributed" (and slightly absorbed upon impact). According to Lynn Millar, PhD, PT, FACSM, a fellow at the American College of Sports Medicine, "movement lowers pain and stiffness, two of the most common symptoms with [osteoarthritis].

"The hazards of not exercising, such as heart disease, are greater than the risks of exercising." Arthritis does not cause death, "Heart disease does."

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