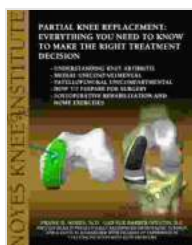


# Understanding Knee Arthritis: Medial Unicompartmental and Patellofemoral

Knee arthritis is a debilitating condition that affects millions of people worldwide. It occurs when the protective cartilage that lines the knee joint wears down, leading to pain, swelling, and stiffness. While there are various types of knee arthritis, medial unicompartmental and patellofemoral arthritis are two of the most common.



## Partial Knee Replacement: Everything You Need to Know to Make the Right Treatment Decision: Understanding knee arthritis - Medial unicompartmental - Patellofemoral ... unicompartmental - How to prepare

fo by Sue Barber-Westin

★★★★★ 5 out of 5

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## Medial Unicompartmental Arthritis

Medial unicompartmental arthritis (MUOA) affects the inner compartment of the knee, specifically the area between the medial femoral condyle and the medial tibial plateau. This type of arthritis is often caused by excessive weight bearing or repetitive stress on the knee joint.

### **Symptoms of Medial Unicompartmental Arthritis**

\* Pain on the inner side of the knee, especially during weight-bearing activities such as walking, climbing stairs, or squatting \* Stiffness and reduced range of motion in the knee \* Swelling and tenderness around the inner knee joint \* Difficulty performing everyday activities that require knee flexion, such as getting in and out of chairs or kneeling

### **Diagnosis of Medial Unicompartmental Arthritis**

\* Physical examination to assess knee pain, range of motion, and swelling \* X-rays to visualize bone alignment and cartilage loss \* Magnetic resonance imaging (MRI) to evaluate cartilage damage and soft tissue structures

### **Patellofemoral Arthritis**

Patellofemoral arthritis (PFA) affects the joint between the kneecap (patella) and the thighbone (femur). It is commonly caused by imbalances in the muscles around the knee or misalignment of the kneecap. Activities that involve prolonged kneeling or squatting can also contribute to PFA.

### **Symptoms of Patellofemoral Arthritis**

\* Pain around the front of the knee, especially during activities that involve bending or straightening the knee, such as climbing stairs or squatting \* Popping or grinding sensations in the knee \* Swelling and tenderness on the front of the knee \* Difficulty kneeling or squatting

## **Diagnosis of Patellofemoral Arthritis**

\* Physical examination to assess knee pain, range of motion, and alignment \* X-rays to evaluate bone alignment and cartilage loss \* MRI to visualize cartilage damage and soft tissue structures

## **Treatment Options for Medial Unicompartmental and Patellofemoral Arthritis**

The treatment options for medial unicompartmental and patellofemoral arthritis vary depending on the severity of the condition. Non-surgical treatments include:

\* Weight loss to reduce stress on the knee joint \* Physical therapy to strengthen muscles around the knee and improve range of motion \* Medications to relieve pain and inflammation \* Injections of corticosteroids or hyaluronic acid to reduce inflammation and pain \* Bracing or orthotics to support the knee and reduce pain

If non-surgical treatments do not provide adequate relief, surgery may be an option. The most common surgical procedure for medial unicompartmental and patellofemoral arthritis is knee replacement surgery.

## **Total Knee Replacement**

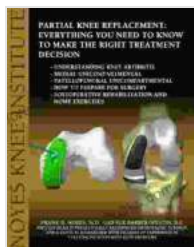
Total knee replacement involves replacing the damaged knee joint with artificial components. It is a major surgery that requires a lengthy recovery period.

## **Partial Knee Replacement**

Partial knee replacement, also known as unicompartmental knee replacement, is a less invasive surgical option for medial unicompartmental

arthritis. This procedure involves replacing only the damaged compartment of the knee, preserving the healthy cartilage and ligaments.

Understanding knee arthritis, especially medial unicompartmental and patellofemoral arthritis, is crucial for patients and healthcare professionals alike. Early diagnosis and appropriate treatment can help manage symptoms, slow disease progression, and improve overall quality of life. By providing a comprehensive overview of these conditions, this article aims to empower individuals with the knowledge and resources they need to make informed decisions about their health and well-being.



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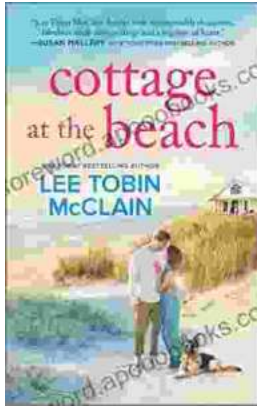
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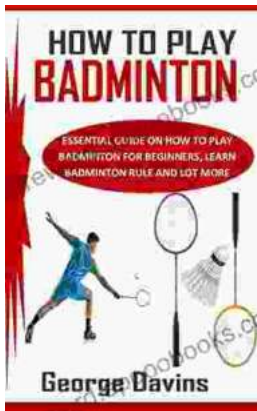
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