

Name:



Knee Osteoarthritis Self Assessment

Do you have osteoarthritis? You may be suffering from knee osteoarthritis and not even know it. Do any of the following statements apply to you?

- Yes No I frequently experience stiffness in my knee after resting or when I wake up
- Yes No My knee is tender or sore after overuse
- Yes No I feel pain in my knee when I move
- Yes No I feel pain in my knee even when I am not active
- Yes No Getting up from a chair, out of a car, or going up or down stairs is difficult
- Yes No I hear a cracking sound in my knee when I move
- Yes No I experience a grating feeling in my knee when I move
- Yes No The area around my knee is red and swollen
- Yes No I am unable to do or enjoy certain activities because of pain or stiffness in my knee
- Yes No I feel less coordinated due to pain or stiffness in my knee
- Yes No I have noticed the muscles in my leg are not as strong as they used to be

If any of the above statements apply to you, you should see a healthcare provider to get diagnosed. Early osteoarthritis treatment is the key to success!

References: 1. Chu CR, Williams AA, Coyle CH, Bowers ME. Early diagnosis to enable early treatment of pre-osteoarthritis. Arthritis Res Ther. 2012;14(3):212. Published 2012 Jun 7. doi:10.1186/ar3845

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