

A Physical Therapy Approach to Knee Osteoarthritis



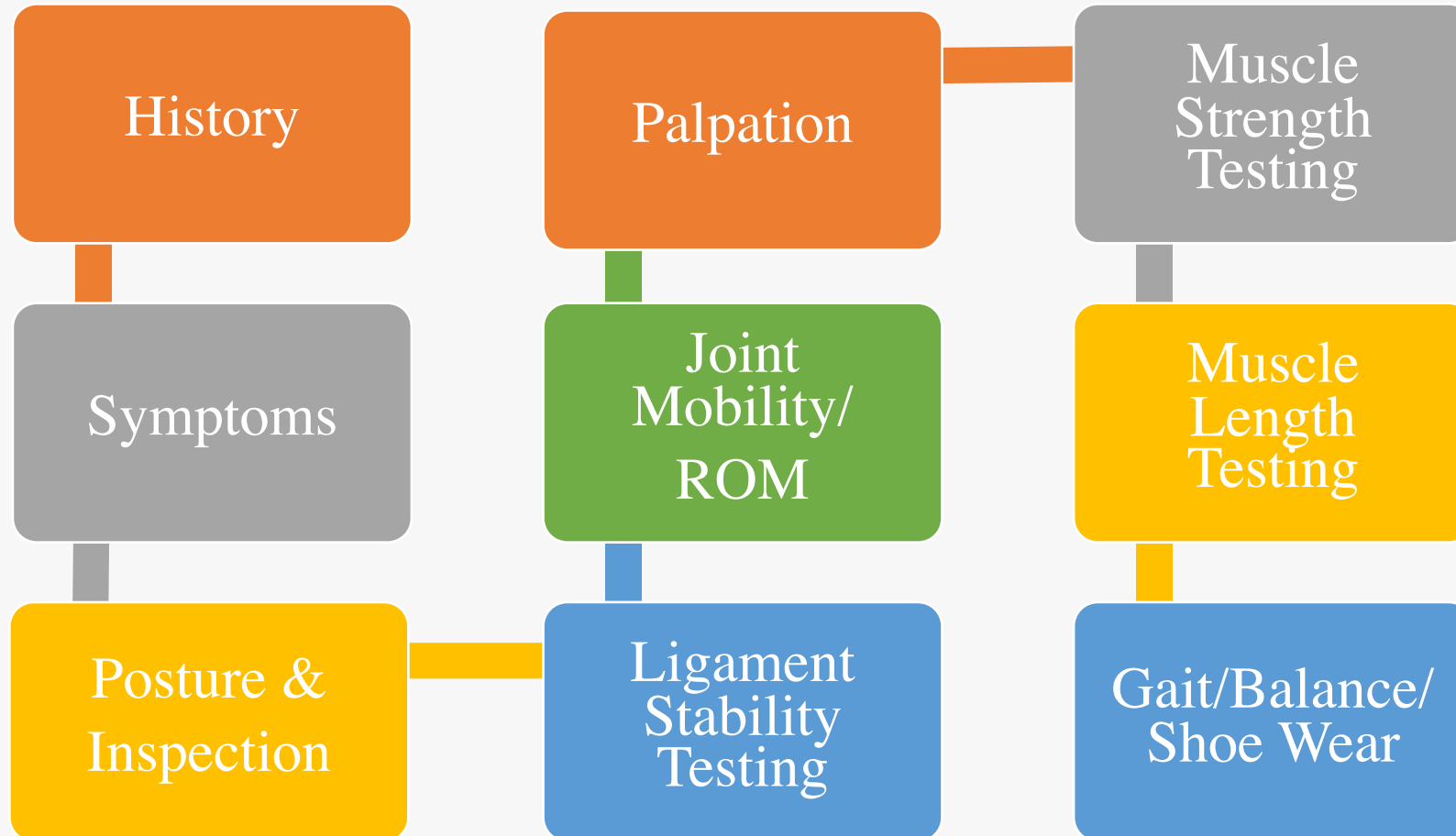
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Physical Therapy Evaluation of Knee Osteoarthritis



Physical Therapy Treatment Options for Knee Osteoarthritis

Joint Mobilization, Neuromuscular Re-Education, Strengthening, Stretching

Gait /Stair Negotiation Training
Balance/ Proprioception

Assistive
Devices &
Braces

Orthotics &
Shoe Wear

Hydrotherapy

Home Exercise
Program

Activity &
Work Space
Environment
Modifications

Kinesiotaping

Electrotherapy
(TENS,
NMES)

Thermotherapy
(Hot/Cold)