

CASE STUDY

KNEE OA

A 55 year old overweight male wants to go on a holiday with his wife in 5 weeks and be able to walk around pain free.

MEDICAL HISTORY

- Knee injury 30 years ago resulted in a left knee partial medial meniscectomy
- Enjoys golfing and going for evening walks with his wife.
- On the worst days, his pain is 8/10. He has stopped golfing completely due to pain. He also experiences pain when going up and down stairs, getting in and out of the car, going from a seated to a standing position, and at night.
- Currently self-treating with ice and NSAIDs
- Imaging:
 - (L) Knee medial joint space narrowing
 - (R) 1st MTP OA

GAIT ANALYSIS

- Bilateral genu varum, with excessive varus thrust at left knee during gait (Fig. 1)
- Overpronated foot mechanics during gait (Fig. 2)
- Hallux limitus on right foot; pain and swelling at 1st MTP joint



Fig 1. X-ray of Knee OA



Fig 2. Overpronation

TREATMENT PLAN

- Custom unloading knee brace (fig. 3)
- Over the counter insoles with lateral wedge (fig. 4A)
- Rocker-sole shoes for daily use
- Supportive slippers for home use
- Enrollment in water fitness program at local community pool for weight loss
- Referral to physiotherapy for strengthening exercises



Fig 3. Custom knee brace

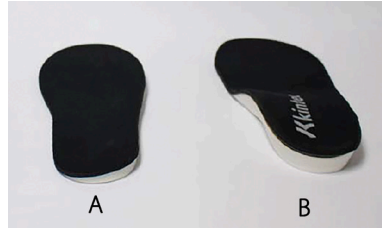


Fig 4. Lateral wedge

4-WEEK FOLLOW UP

- Worst pain has been reduced from a 8/10 to 5/10
- Booked in for a Kintec assessment for custom orthotics with a built-in lateral wedge - one pair for walking shoes, one pair for golf shoes (fig. 4B)
- Enjoying Aquafit; has lost 5 lbs
- Can go for walks in the evening with his wife again

8-WEEK FOLLOW UP

- Custom orthotics and brace were used consistently on holiday and was able to comfortably walk for 5-6 hours
- Worst knee pain has reduced to a 3/10
- Went to the driving range for the first time in over a year and said, "Hit terribly but without pain!" He can go on walks in the evening with his wife again.

All of our Knee OA cases start from the ground up with our Reactivate Knee OA Conservative Care Program. We educate patients about their conditions and offer them a comprehensive solution that can include proper footwear, custom orthotics, and bracing. This multi-faceted approach gives patients access to a more complete solution, designed to work as a whole rather than in separate units.

Patients can see a Podiatrist by booking a custom orthotics appointment at kintec.net/booknow