Osteoarthritis: Staying in the game is a 'joint' effort!

The Osteoarthritis Action Alliance: ACL & Lower Limb Injury Prevention Task Force

- Osteoarthritis (OA) is a joint disease in which protective cartilage breaks down and wears away, allowing bones to rub together.
- Over time OA of the knee can make physical activities, such as walking, difficult and can significantly limit one's quality of life.
- Many treatments, including operative and non-operative options, exist for treating OA.

**IMPACT NUMBERS**

OA affects approximately 30+ Million U.S. adults.

**INJURIES**

Individuals with history of knee injury are 3-6x more likely than those without history of knee injury to develop signs of OA.

**DOWN THE LINE**

Up to 50% of individuals with an ACL injury will develop knee OA within 10-15 years.

**KEEP ATHLETES ACTIVE**

Neuromuscular training exercises can reduce the risk for ACL and other traumatic knee injuries by up to 80%.

The Task Force identified 7 core components of neuromuscular training:

- Lower extremity & core strengthening
- Plyometric jump training
- Balance training
- Attention to participant compliance
- Minimal or no equipment needed
- Consistent feedback on proper technique
- Appropriate Dosage: minimum of 15 sessions over 6 weeks (2-3x/week) for at least 15 minutes per session

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