

[IMAGE]

Walking for Knee Pain

By Editorial Staff

Osteoarthritis is the most common form of arthritis – swelling and tenderness in one or more joints. With osteoarthritis, the cartilage that cushions and protects the ends of bones wears down with time, which is why OA is often referred to as "wear and tear" arthritis. Regardless of the moniker, pain is a major consequence of OA, particularly pain affecting the hands, hips, spine and knees.

With that said, you would think walking would be difficult, if not impossible (or at least not contraindicated) for OA sufferers if their joint pain involves the knees, but research recommendations suggest walking is actually beneficial for people with knee OA. Study findings published in *Arthritis & Rheumatology* demonstrate that knee OA sufferers (ages 50 and older) who walk regularly are 40 percent less likely to experience frequent new knee pain compared to non-walkers.

Of course, walking has various other health benefits, according to research, which means whether you suffer from knee OA or just want to optimize your health and wellness, make sure walking is included in your daily routine. To learn more about the health benefits of walking, read our recent article, "Walk Faster, Age Slower," by [clicking here](#).

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