

# Understanding Knee Arthritis: Medial Unicompartmental and Patellofemoral

Knee arthritis is a common condition that can affect people of all ages. It is a type of arthritis that affects the joints in the knee. There are two main types of knee arthritis: medial unicompartmental osteoarthritis and patellofemoral osteoarthritis.



## Partial Knee Replacement: Everything You Need to Know to Make the Right Treatment Decision: Understanding knee arthritis - Medial unicompartmental - Patellofemoral ... unicompartmental - How to prepare

fo by Sue Barber-Westin

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## Medial Unicompartmental Osteoarthritis

Medial unicompartmental osteoarthritis (MUOA) is a type of arthritis that affects the medial compartment of the knee. The medial compartment is the inside part of the knee joint. MUOA is caused by wear and tear of the cartilage in the medial compartment. Cartilage is a tissue that cushions the bones in the knee joint. Over time, cartilage can wear down and become thin. This can lead to pain, stiffness, and swelling in the knee.

MUOA is more common in people who are overweight or obese. It is also more common in people who have had a knee injury. Symptoms of MUOA can include:

- Pain on the inside of the knee
- Swelling on the inside of the knee
- Stiffness in the knee
- Difficulty walking or climbing stairs

Treatment for MUOA can include:

- Weight loss
- Exercise
- Physical therapy
- Medication
- Surgery

## **Patellofemoral Osteoarthritis**

Patellofemoral osteoarthritis (PFOA) is a type of arthritis that affects the patellofemoral joint. The patellofemoral joint is the joint between the kneecap (patella) and the thighbone (femur). PFOA is caused by wear and tear of the cartilage in the patellofemoral joint. Cartilage is a tissue that cushions the bones in the patellofemoral joint. Over time, cartilage can wear down and become thin. This can lead to pain, stiffness, and swelling in the knee.

PFOA is more common in women than in men. It is also more common in people who are overweight or obese. Symptoms of PFOA can include:

- Pain in the front of the knee
- Swelling in the front of the knee
- Stiffness in the knee
- Difficulty walking or climbing stairs

Treatment for PFOA can include:

- Weight loss
- Exercise
- Physical therapy
- Medication
- Surgery

Knee arthritis is a common condition that can affect people of all ages. There are two main types of knee arthritis: medial unicompartmental osteoarthritis and patellofemoral osteoarthritis. Symptoms of knee arthritis

can include pain, stiffness, and swelling in the knee. Treatment for knee arthritis can include weight loss, exercise, physical therapy, medication, and surgery.

If you are experiencing pain, stiffness, or swelling in your knee, it is important to see a doctor to get a diagnosis. Early diagnosis and treatment can help to slow the progression of knee arthritis and improve your quality of life.



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