



We wanted to know ...

How individuals with arthritis from knee injuries differ from those without knee injuries.

What is the problem?

Knee injuries can cause arthritis in young and active individuals. They may benefit from different treatments than individuals with arthritis unrelated to injury.

How did you study the problem?

We recruited 262 participants with knee arthritis and measured their characteristics using surveys and physical tests.

What did you find?

Individuals with knee injury-related arthritis were younger, fitter, and reported less pain and symptoms than those with arthritis unrelated to injury.

How can this research be used?

Treatments should be tailored differently towards individuals with injury-related arthritis versus those with arthritis unrelated to injury.

Cautions

We recruited participants with mild or moderate knee arthritis. Therefore, our results may not apply to everyone with knee arthritis.

Reference: Not published.

Funding: Ontario Graduate Scholarship, 2022-2024.