

What is Knee Osteoarthritis?

Osteoarthritis is a form of arthritis that can affect many joints of the body and is the result of wear and tear on the joint.

This wear and tear or degeneration occurs over many years and results in the progressive wearing away of the cushioning within the joint, known as cartilage.

As this cartilage wears away, we are eventually left with a bone on bone situation that can result in a debilitating pain. This pain can rob individuals of the ability to do the activities and day to day things they love to do.

Knee Osteoarthritis typically affects individuals over 40 years of age. It is most common in individuals who present with one or more of the following risk factors:

- Mal-Alignment-Bow legged
- Mal-Alignment-Knocked knee
- Overweight
- Previous trauma to the knee
- High activity levels - Overuse Treatment

The good news is this is a gradual process and can be slowed with treatment. One of the more effective treatments for knee osteoarthritis is to address the risk factors causing the increased load on the cartilage. This can be achieved by using a custom made unloading knee brace by Bledsoe Brace Systems to create joint separation within the knee thereby reducing the wear and tear on the cartilage.

These braces work by pulling or pushing the knee into a position that creates space within the joint, which in turn reduces pressure on affected arthritic side of the knee. Studies conducted at the Rocky Mountain Musculoskeletal Research Lab in Denver Colorado have shown the Bledsoe Unloading Knee Brace provided pain relief in 92% of patients tested and creates visible joint separation in 80% of patients studied.

Another study published in the prestigious Journal of Bone and Joint Surgery, showed the Bledsoe Unloading Knee Brace to be the most effective brace in creating joint space when compared to the competition.

without brace



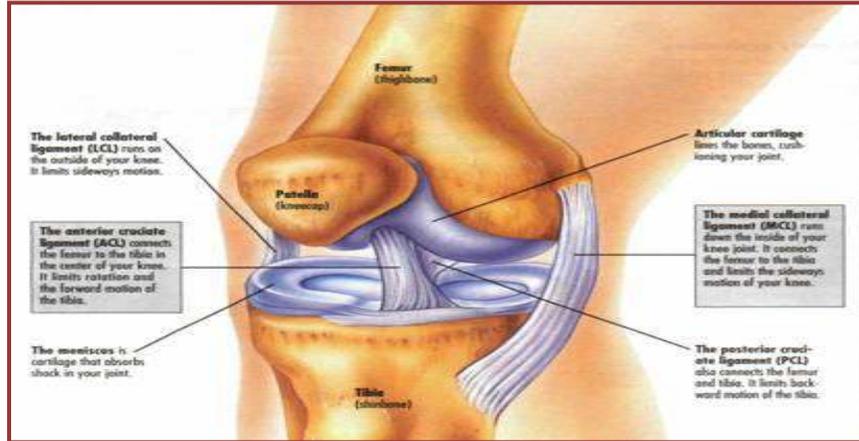
with brace



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Knee Ligament Injuries

Ligaments are a vital part of any joint in the body. Their main role is to provide joint stability by connecting bone to bone. The knee joint has four main ligaments, the anterior cruciate ligament (ACL), posterior cruciate ligament (PCL), medial collateral ligament (MCL) and the lateral collateral ligament (LCL).



The ACL is by far the most commonly injured ligament of the four knee ligaments, with MCL and PCL injuries both being a distant second, and LCL injuries occurring rarely.

When an individual injures their ACL they have great difficulty stopping quickly, running downhill, landing after a jump and moving laterally.

Bledsoe has designed a group of braces that specifically address this ACL problem, while still providing excellent support to the other ligaments. These braces apply a force on the upper shin bone (tibia) as the leg extends to reduce strain on the ACL when it is at its greatest risk of failure.

