Knee Osteoarthritis Knowledge, Pain Coping and Physical Activity

Study ID#: \_\_\_\_\_\_\_\_

**Answer the following questions by circling the correct answer(s).**

1. What is tissue type is damaged with knee osteoarthritis?
	1. Muscle
	2. Ligament
	3. Joint cartilage
	4. Bone
	5. Nerve
2. What test is used to diagnose your knee osteoarthritis?
3. Knee joint motion and strength
4. Blood pressure
5. Blood test
6. X-ray (radiograph)
7. Circumference of knee joint
8. Which ***three (3)*** are common symptoms of osteoarthritis?
9. Loss of movement in a joint
10. Joint stiffness
11. Weight gain
12. Shortness of breath
13. Aches and pains
14. High blood pressure
15. Which treatments does physical therapy ***not*** provide?
	1. Aquatic therapy
	2. Shoewear recommendations
	3. Individualized exercise program
	4. Joint injections
	5. Assistive device use
16. Which statement about exercise is true?
17. Exercise can cure osteoarthritis
18. Exercise weakens damaged joints
19. Exercise should be performed most days
20. Exercise is not necessary if you are generally active
21. How much moderate exercise should an adult participate in each week?
	1. 100 minutes/week
	2. 125 minutes/week
	3. 150 minutes/week
	4. 175 minutes/week

**Read the statement and determine if it is “true” or “false”.**

1. Reducing your weight by 5% is enough to reduce symptoms of knee osteoarthritis.
	1. True
	2. False
2. Exercise will significantly increase pain for individuals with knee osteoarthritis.
	1. True
	2. False
3. When you feel pain during an activity it means you are damaging your body.
	1. True
	2. False
4. When you have pain for a long time you can become more sensitive to feeling pain.
	1. True
	2. False
5. You can decrease pain through thoughts or actions, such as rubbing the affected area.
	1. True
	2. False
6. Name 3 pain coping strategies that can be used to manage knee osteoarthritis pain.

1.

2.

3.

1. Write a SMART goal regarding exercise in the space provided that you can achieve in the next 2 weeks.

**Please estimate how many total minutes of moderate intensity exercise you performed in the past week.** (Moderate intensity exercise can include walking, elliptical, stationary bike, an aerobics class in pool or gym, and weight or resistance training.)

\_\_\_\_less than 50 \_\_\_\_50-99 \_\_\_\_100-149 \_\_\_\_ 150 or more