

Understanding Common Knee Osteoarthritis Terms

This glossary explains some of the words you may hear when discussing **knee osteoarthritis** and treatment options such as **Cingal**.



Osteoarthritis

Osteoarthritis is a **common condition affecting joints**, especially the knees. It happens when the joint becomes worn and irritated over time, leading to pain, stiffness, swelling, and reduced movement. Symptoms can change from day to day and vary from person to person.



Cartilage

Cartilage is a **smooth, cushioning layer** that covers the ends of bones inside a joint. It allows the knee to move smoothly and helps absorb everyday impact. In osteoarthritis, cartilage can become thinner or wear away.



Inflammation

Inflammation is the **body's natural response to irritation**. In the knee, it can cause pain, warmth, swelling, and stiffness. Ongoing inflammation inside the joint often plays a key role in osteoarthritis symptoms.



Hyaluronic Acid

Hyaluronic acid is a **natural substance found in healthy joints**. It helps lubricate and cushion the knee so movement feels smoother and more comfortable. In osteoarthritis, the amount and quality of hyaluronic acid in the joint may be reduced.



Joint Fluid

Joint fluid is a **slippery liquid inside the knee** joint that helps reduce friction and supports smooth movement. Hyaluronic acid is one of its key components.



Viscosupplementation

Viscosupplementation is a treatment that involves **injecting hyaluronic acid into the knee joint**. It aims to improve joint lubrication and cushioning, which may help with comfort and movement.



Corticosteroid (Steroid)

A corticosteroid is a medicine used to **reduce inflammation and pain**. When injected into a joint, it can help relieve symptoms more quickly, particularly when inflammation is contributing to pain.



Weight Bearing Joint

A weight bearing joint is one that **supports the body's weight**, such as the knee. Because of this, these joints are often more affected by osteoarthritis.



Flare Up

A flare up is a **temporary worsening of knee symptoms**, such as increased pain or stiffness. Flare ups can happen for many reasons and usually settle over time.



Mobility

Mobility refers to **how easily you can move your knee** and carry out everyday activities like walking, standing, or climbing stairs.



Symptom Management

Symptom management means **finding ways to reduce pain and stiffness** and maintain movement. This may include exercise, weight management, medicines, injections, or a combination of approaches.