

Mayo Clinic Medical Edge
Quad Strength and Knee Arthritis

1:00

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Audio

<p>Intro with music</p>	<p>GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.</p>
	<p>ATHELETES AREN'T THE ONLY ONES WHO CAN BENEFIT FROM STRONG LEGS. RECENT RESEARCH FINDS THAT STRONG THIGH MUSCLES—THE QUADRICEPS—ARE BENEFICIAL FOR FOLKS WITH KNEE PROBLEMS CAUSED BY OSTEOARTHRITIS. NOT ONLY WAS THERE LESS CARTILAGE LOSS BEHIND THE KNEE CAP, BUT...</p>
<p>Shreyasee Amin (ah-min), M.D.</p>	<p>"PEOPLE WHO HAD STRONG QUADRICEP MUSCLES HAD LESS PAIN AND BETTER FUNCTION."</p>
	<p>DR. SHREYASEE AMIN IS A MAYO CLINIC RHEUMATOLOGIST WHO</p>

	<p>LED THAT STUDY. SHE CAUTIONS THAT THE FINDINGS ARE NOT A REASON FOR KNEE ARTHRITIS SUFFERERS TO RUSH TO THE GYM AND START A WEIGHT LIFTING PROGRAM TO STRENGTHEN THEIR QUADS.</p>
Dr. Amin	<p>“I THINK THE NEXT STEP IS TRYING TO FIGURE OUT WHAT EXERCISES WOULD HELP STRENGTHEN THE QUADRICEPS MUSCLE IN A WAY THAT’S STILL BENEFICIAL AND NOT DETRIMENTAL TO THE KNEE.”</p>
	<p>A COUPLE OF THINGS SHE DOES RECOMMEND ARE WALKING—WITH GOOD FOOTWEAR—AND WATER BASED EXERCISES WHICH PUT LESS STRESS ON THE AFFECTED JOINTS.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>