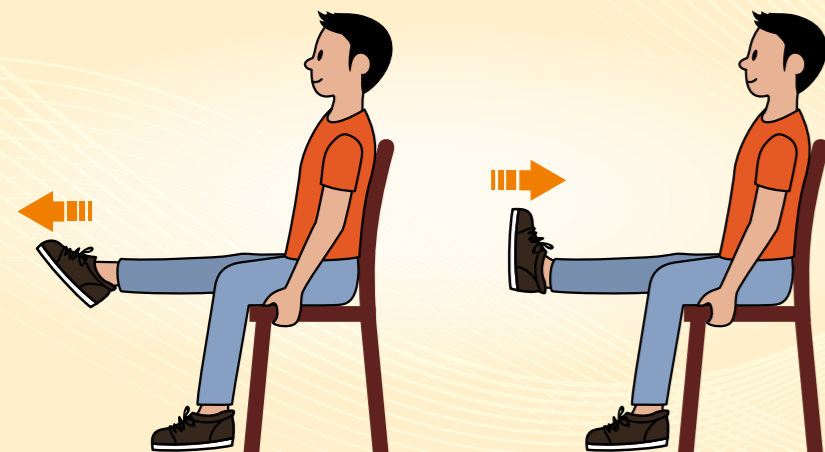


Second Series

- 1 Sit upright with feet on the floor. Lift right leg at the horizontal level. Move right foot up and down 5 times
- 2 Repeat 5 times with left leg



Third Series

- 1 Hold onto a stable object with both hands. Lift heels off the ground. Hold for 5 seconds and then return to the standing position
- 2 Repeat this exercise 20 times



5

Reduction of stress on the knee

- ~ Adequate rest
- ~ Maintain desirable body weight
- ~ Use of assistive devices, e.g. walking stick

Pain control

- ~ Heat or cold application
- ~ Medication (oral or local analgesics)

How to treat?



Physiotherapy

- ~ Relieve symptoms, e.g. ultrasound
- ~ Strengthen the leg muscles, especially quadriceps femoris

Surgery

- ~ Surgical treatment may be required in serious cases

6

Conclusion

Osteoarthritis of knee is a “**work-related disease**”. Although work is only one of the many risk factors in the development of the disease, the chance of getting this disease can be minimized by eliminating the health hazards at work, reducing the associated risks, and adopting appropriate preventive measures.

Enquiries

If you wish to enquire about this leaflet or other Occupational Safety and Health (OSH) matters, please contact the Occupational Safety and Health Branch of the Labour Department:

Tel : 2852 4041 or
2559 2297 (auto-recording service available outside office hours)
Fax : 2581 2049
Email : enquiry@labour.gov.hk

- Information on the services offered by the Labour Department and on major labour legislation is also available on our website at www.labour.gov.hk
- For details on the services offered by the Occupational Safety and Health Council, please call 2739 9000 or browse the website at www.oshc.org.hk

Occupational Health Clinics of the Labour Department

Any worker who may have contracted work-related illness, please telephone or attend the Occupational Health Clinic for appointment booking. Doctor's referral is not required.

Kwun Tong Occupational Health Clinic Telephone : 2343 7133
Fanling Occupational Health Clinic Telephone : 3543 5701

Complaints

If you have any complaint about unsafe operations or environments at workplaces, please call the Labour Department's OSH complaint hotline at 2542 2172 or fill in and submit an online OSH complaint form on our website. All complaints will be treated in the strictest confidence.



Online OSH Complaint Form

This leaflet is issued free of charge and can be obtained from offices of the Occupational Health Service of the Labour Department. It can also be downloaded from the Labour Department website at www.labour.gov.hk. For enquiries about addresses and telephone numbers of the offices, please visit the Labour Department website or call 2852 4041.

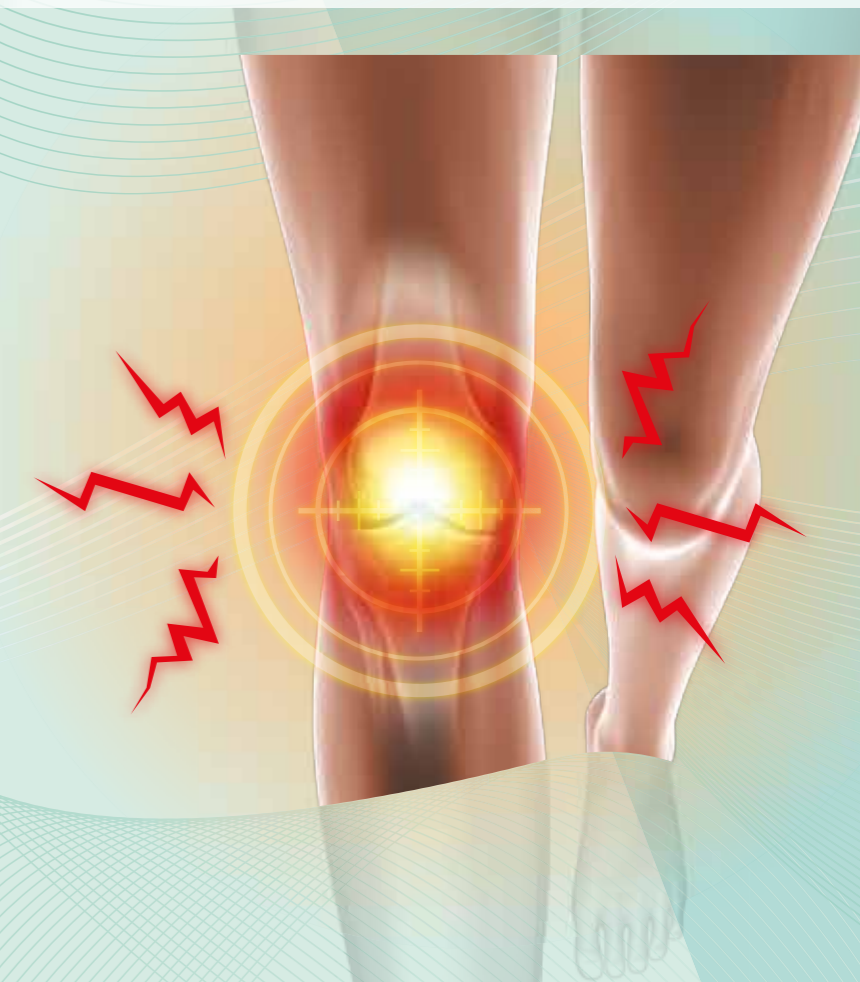
This leaflet may be freely reproduced except for advertising, endorsement or commercial purposes. Please acknowledge the source as “Work-related disease series - Osteoarthritis of Knee”, published by the Labour Department.

7

2/2021-2-OHL43e

Work-related disease series

Osteoarthritis of Knee



Introduction



Work and health are closely related. While our work could affect our health, our health could also affect our work.

According to the International Labour Organization, the relationship between work and disease can be classified into the following three categories:

1. Occupational diseases

have specific or strong relationship to the exposure to physical, chemical, biological or psychosocial factors in the workplace. These factors in the work environment are predominant and essential in the causation of the diseases, for example, silicosis, asbestosis, occupational deafness, etc.

2. Work-related diseases

are multifactorial in origin, where factors in the work environment may play a role, together with other risk factors, in the development of such diseases, for example, plantar fasciitis, osteoarthritis of knee, shoulder tendonitis, etc.

3. General diseases

are diseases affecting the working population. They do not have causal relationship with work but may be aggravated by occupational health hazards, for example, diabetes mellitus, gout, rheumatoid arthritis, etc.

This pamphlet introduces osteoarthritis of knee which is a common “work-related disease”.

What is osteoarthritis of knee?

It is a common type of degenerative arthritis resulting from damage of the articular cartilage and disruption of the underlying bone structure of the knee joint, leading to pain and disability.



Causes

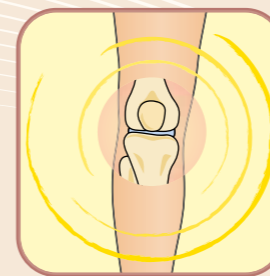
- Frequent lifting or carrying heavy objects
- Frequent and repeated bending of the knee
- Degenerative changes of the knee
- Overweight
- Knee trauma
- Other factors, e.g. congenital diseases of the knee



Signs and Symptoms

Early Stage

- Joint pain, especially when walking up or down stairs
- Stiffness of the joint, particularly after periods of inactivity, e.g. when wake up in the morning



Late Stage

- Joint pain and stiffness increase. In more severe cases, there can even be tenderness and swelling of the joint



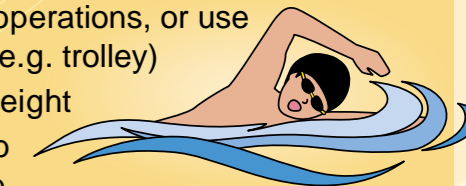
Who are at risk ?

Manual labourers, postmen and couriers, etc.



How to prevent ?

- 1 Avoid prolonged bending of knees or squatting
- 2 Reduce manual handling operations, or use suitable mechanical aids (e.g. trolley)
- 3 Maintain desirable body weight
- 4 Perform suitable lower limb exercises to relieve fatigue and strengthen the muscles
- 5 Consult medical practitioners for treatment as soon as possible after knee injury
- 6 Healthy lifestyle
 - Balanced diet
 - Regular exercises
 - Adequate rest and sleep



Lower Limb Exercises

First Series



- 1 Stand with feet apart at shoulder-width
- 2 Left foot steps forward, place your hands on the wall

- 3 Lean forward. Bend your left leg and stretch right leg behind without moving the heels. Hold for 10 seconds
- 4 Repeat the movements with the other leg
- 5 Repeat this exercise 5 times

