

Is knee pain the first sign of **Arthritis?**





Intro Chapter : Is Knee Pain the First Sign of Arthritis?

Understanding the Early Clues and What to Do Next



Knee pain is common, especially after 40. But is it just wear and tear—or the first **warning sign of arthritis?**

This guide helps you decode the early clues and take timely action.

Chapter 2: More Than Just Joint Pain

What Is Arthritis, Really?

Arthritis isn't one condition—it includes 100+ diseases that affect joints and connective tissue.

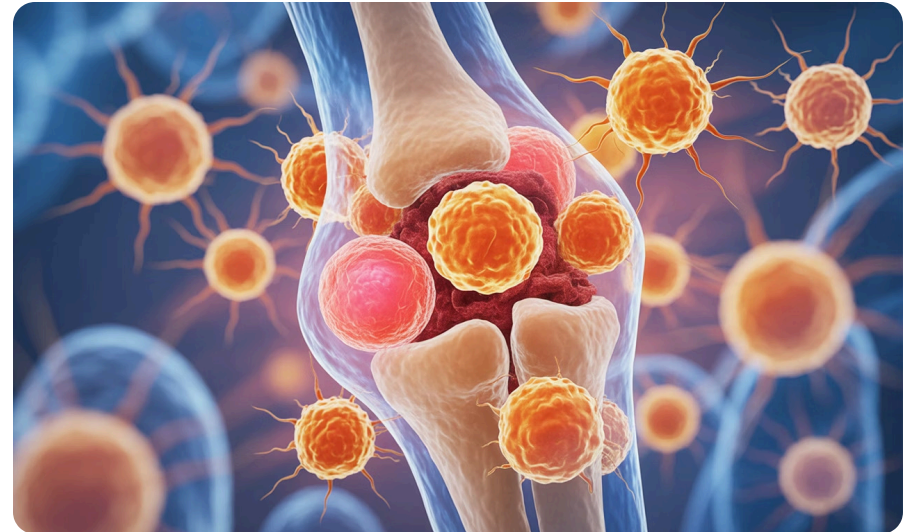
Osteoarthritis

wear and tear of cartilage



Rheumatoid Arthritis

immune system attacks joints



Both can start with knee pain.

Chapter 3: Early Warning from Your Knees

Is Knee Pain the First Sign?

Yes—often, knee pain is the first indicator.

Osteoarthritis (ऑस्टियोआर्थराइटिस):

- Gradual pain
- Worse with activity
- Morning stiffness < 30 min

Rheumatoid Arthritis (रुमेटॉइड आर्थराइटिस):

- Swelling, warmth
- Stiffness >1 hour
- Persistent pain = early signal
- Both knees affected

Chapter 4: More Symptoms That Follow

What Else Should You Watch For?

Beyond pain, other signs include:

-  Morning stiffness
-  Joint swelling and tenderness
-  Cracking or grinding sounds
-  Difficulty climbing stairs
-  RA-specific: fatigue, weight loss, mild fever

Chapter 5: When Should You See a Doctor?

Don't Wait Too Long



Time to consult a specialist if:

- Pain lasts more than 2–3 weeks
- You feel swelling, stiffness, or reduced mobility
- Over-the-counter meds don't help

Early diagnosis = better outcome



Chapter 6: How Is It Diagnosed?

Getting Clarity on Your Condition

Doctors use:

1

X-rays / MRI

to assess damage



2

Blood Tests

like CRP, RF, Calcium and Vitamin D



3

Physical Exam

to check joint function



Osteoarthritis:

There may be reduced joint space or bone spurs/points

Rheumatoid Arthritis):

Signs of systemic inflammation

Chapter 7: What Are the Treatment Options?

Managing Arthritis Effectively



Medications

- Pain relievers, NSAIDs, corticosteroids, Calcium, vitamin D supplements
- DMARDs & biologics for RA



Physical Therapy

- Low-impact movement is key



Lifestyle

- Weight loss, anti-inflammatory diet



Surgery (if needed)

- Joint replacement or arthroscopy

Chapter 8: Can You Prevent Worsening?

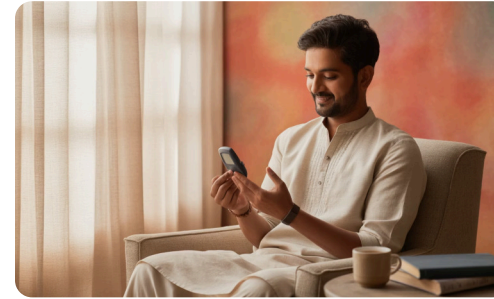
Yes. Start Early. Stay Active.

Simple prevention goes a long way:

☐ Regular activity



☐ Manage chronic issues



☐ Avoid high-impact strain



☐ Early screening if you have family history



Early steps = fewer problems later

Chapter 9: Geet Gaata Chal.

Because Movement Is Music

Every step is a note in your life's song.

When pain steals movement, we bring it back.

From second opinions to robotic knee surgery, we help you walk, play, and dance again.

Geet Gaata Chal is our promise: life in motion, free from pain.



Chapter 10: Special Offers & Contact

Special Offers for You

Knee Pain Exam –
₹999

Free Second Opinion –
Only 3 Slots Left

Robotic Surgery +
Home Care – Save up
to ₹50,000

Avoid Surgery test at
just ₹2999

Contact: Dr. Gaurav Gupta

Orthopedic & Robotic Knee Specialist

📍 Jhansi Orthopaedic Hospital, Jhansi

WhatsApp "KNEE" – +91 9555505906

🌐 Website: www.docgauravgupta.com





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