



# World Arthritis Day

## October 12



### *Early Arthritis*



Maintain ideal body weight



Strengthen the muscles around the joint



Maintain correct posture



Seek early medical advice

### *Late Arthritis*

#### *Total Knee Replacement*



Solution for severe arthritis

### *Benefits*

- ✓ Painless range of motion
- ✓ Stable joint
- ✓ Correction of deformity

