

# 'GRIND' 'CRACK' 'CREAK'

## WHY ARE MY KNEES NOISY?

### What Do Others Say?



- ♦ Friends and family can be unnecessarily alarmed

- ♦ Health professionals may be unsure about crepitus too



### What Does The Noise Mean?

- ♦ Can make you search for meaning



- ♦ Can make you sad and angry



- ♦ Can make you feel older **40 > 60**

- ♦ Often believed to be arthritis (but it isn't)

### Concern Can Lead To Avoidance

- ♦ Can lead you to take action to avoid the noise (e.g. avoid stairs)



### If you have experience any of the above you are not alone BUT...



- ♦ of people **WITHOUT** knee problems have noisy knees



- ♦ Pain and noise are not interdependent: Treatment can help pain but noise may persist
- ♦ There are many reasons why joints make noise, these are mostly non-arthritic
- ♦ Do not avoid activity and exercise because of noise; the loss of strength is far more problematic.