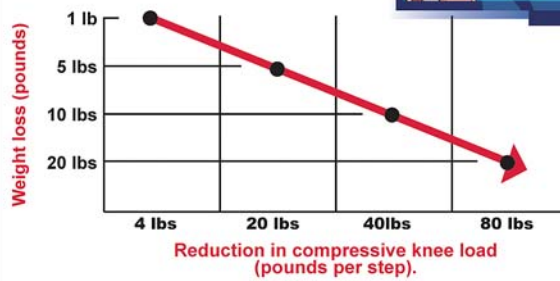


Fighting Knee Osteoarthritis, One Pound at a Time

According to a recent study designed to evaluate the impact of weight loss and knee-joint stress while walking, each pound of weight lost reduces compressive knee-joint loads fourfold. In other words, lose a pound, reduce knee load by four pounds per step, and so on:



"Accumulated over thousands of steps [taken] per day, a reduction of this magnitude would appear to be clinically meaningful," conclude the researchers.

SOURCE: Messier SP, Gutekunst DJ, DeVita P. Weight loss reduces knee-joint loads in overweight and obese older adults with knee osteoarthritis. *Arthritis & Rheumatism* 2005;52(7):2026-32.