Advice on OA Knee

Equipment			
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Procedure	
0	self introduction Confirm the patient by asking the patient's name and surname. Use language that is easy to understand, not using medical terminology. Previous knowledge about the disease and its treatment was asked. opportunity to ask questions
1	Correct diagnosis give proper advice
2	give advice about the disease Tell the patient that he has osteoarthritis. Tell the cause of osteoarthritis
3	tell the prognosis
4	Exercise instructions Teach patients to perform quadriceps exercises correctly, quadriceps exercise Frequency progression.
5	recommended sports exercises that should be avoided for osteoarthritis patients
6	Guidance on gestures daily use Sitting posture, avoiding sitting on the floor, squatting, or cross-legged, controlling or losing weight
7	Reduce use, such as standing and walking long distances, avoiding going up and down stairs. and carrying heavy things

