



Fall Prevention, Knee & Hip Osteoarthritis (OA)

Dr. Saakshi Khosla, HBSoc, DC

About Dr. Khosla

Dr. Saakshi Khosla is a chiropractor and acupuncture provider at Epic Health and Movement in Brampton focused on helping individuals improve mobility, reduce pain, and stay active. She earned her Doctor of Chiropractic from Canadian Memorial Chiropractic College and holds an Honours Bachelor of Science from the University of Toronto. Her care is personalized and evidence-based, combining chiropractic treatment, acupuncture, and exercise to improve mobility and support long-term function. She has a strong interest in hip and knee osteoarthritis and is a GLA:D™ Certified Provider. Fluent in English and Punjabi, she is committed to providing accessible, patient-centered care that helps individuals feel stronger and more confident in their movement.



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Knee & Hip OA Symptoms

- Symptoms often develop gradually over time, but pain may seem to appear suddenly
- Pain with walking or standing
- Joint noises (clicking, grinding, or cracking)
- Stiffness and reduced range of motion
- Feeling of instability or giving way
- Pain at rest and possible joint swelling
- Knee OA pain is usually felt around or behind the kneecap, above or below the knee, on either side of the knee, and can sometimes travel down the leg.
- Hip OA pain is usually felt deep in the buttock or groin, sometimes on the outer hip, and may also be felt along the inner or outer thigh.

What is GLA:D™ Canada?

- GLA:D™ has been shown to reduce pain and improve quality of life
- The goal of GLA:D™ is to help reduce the symptoms of osteoarthritis so you can continue doing the activities that matter to you.

The program includes:

- **2 education sessions (90 minutes each):** Focus on understanding osteoarthritis, self-management strategies, and how to manage daily activities more effectively.
- **12 supervised exercise sessions (60 minutes each, in groups of 3-5):** Led by Dr. Khosla, these sessions focus on improving movement control and posture, building strength through functional exercises, and applying these exercises to everyday activities.



Fall Prevention

Health:

- Eat a balanced diet with plenty of fruits and vegetables to support strength, balance, and overall health
- Avoid skipping meals, as this can lead to dizziness
- Have your vision and hearing checked regularly

Exercise:

- Stay active with regular movement, such as walking
- Include resistance exercises (e.g., weight training), if appropriate
- Group exercise programs can help improve strength, balance, and bone health

Medications:

- Be aware of side effects like dizziness or drowsiness and adjust activities as needed
- Avoid mixing alcohol with medications

Safety Aids:

- Use assistive devices when needed
- Wear prescribed glasses and hearing aids
- Consider using a cane or walker (consult a healthcare provider)
- Wear supportive, well-fitting shoes to reduce fall risk
- Hip protectors may help reduce injury in case of a fall

Fall Prevention

Kitchen

- Store heavy items in lower, easy-to-reach cabinets
- Use a step stool for high shelves
- Keep frequently used items within easy reach
- Clean up spills immediately
- Use non-slip floor surfaces
- Ask for help when needed

Stairs

- Ensure stairs are well lit
- Always use handrails
- Avoid wearing reading glasses when using stairs
- Take your time, don't rush

Exterior

- Keep walkways clear of ice, snow, and leaves
- Put away tools (rakes, hoses, shovels) after use
- Ensure outdoor areas are well lit

Bathroom

- Use non-slip mats in the tub or shower
- Install grab bars near the toilet and in the shower
- Consider a raised toilet seat or bath seat if needed
- Wipe up moisture or spills right away

Living Room & Bedroom

- Remove clutter such as wires or loose objects
- Ensure good lighting; use night lights if needed
- Remove loose rugs or use non-slip mats
- Stand up slowly to avoid dizziness and reduce fall risk

Fall Risk and Joint Pain

- Research shows that knee and hip osteoarthritis are associated with an increased risk of recurrent falls.

Exercises for Balance

- Single Leg Stance
- Heel toe walk
- Rock the boat
- Clock reach
- Single limb stance with arm
- Side leg raise
- Marching in place
- Toe lifts
- Back leg raises



References

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