

ABSTRACT**The Association of Physical Activity and Body Mass Index (BMI) with Profile osteoarthritis of the knee at RSUD Dr Soetomo Surabaya in the periode of 2015-2016.**

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Introduction : Osteoarthritis (OA) is a degenerative disease characterized by the breakdown of cartilage in the joints. If the cartilage began to malfunction, then the bones will rubbing with each other, causing pain and stiffness in the joints which will impact on the body movement. OA also caused by the Body Mass Index (BMI) and physical activity. BMI and physical activity that are too heavy (mechanical force) and can make joints become heavier work anyway so as to enhance the joint damage and display symptoms of osteoarthritis. **Method:** This study was observational analytic, with the cross-sectional design were observed the variable at the same group set OA knee at RSUD Dr. Soetomo Ortopedic Department in the period of August 2016 - October 2016. After that, the body mass index and the physical activity was identified by the questionnaire. **Result:** from the total respondents (44) with Osteoarthritis of the knee, association BMI and the classification of OA was not significantly different. But the relax Physical activity make significantly point with ($p = 0,016$). **Conclusion:** Continuously physical activity (without resting time) can caused larger joints damage especially the joints of the knee also increased the risk factor of OA.

Keyword : osteoarthritis (OA), body mass index (BMI), physical activity, knee, profile osteoarthritis