Knee osteoarthritis is common among the older population and they need guidance in self-management therapies for their symptoms.

**Research Question:**
Will self-massage of the quadriceps muscles alleviate pain and stiffness, and/or improve function and range of motion for older adults with osteoarthritis of the knee?

**Findings:**
20-minute self-massage of the quadriceps twice per week for three weeks improved function and reduced pain and stiffness.

**Application:**
Consider educating your patients with knee osteoarthritis on self-massage techniques of the quadriceps muscles.