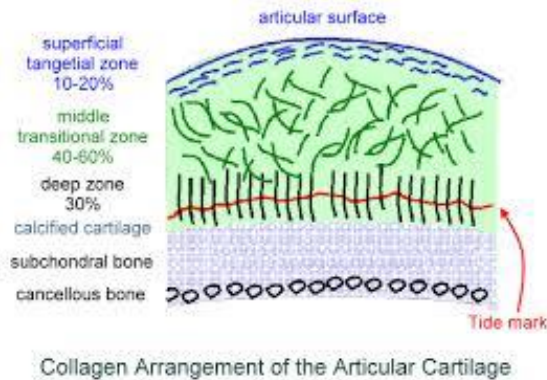


## OSTEOARTHRITIS



### KNEE OSTEOARTHRITIS TREATMENT CHECKLIST

#### Essential

- Monitoring progress with KOOS/validated score
- Weight Loss (with formal support)
- Exercise (with formal support)
- Activity Modification to find optimal joint load
- Topical Voltaren or Capsaicin gels
- Alignment correction- Trial of Valgising Knee brace/orthotics

#### May be Trialled (if no contra-indications)

- Physical agents like acupuncture or TENS
- Short course NSAIDs for flares of pain
- Paracetamol (3g/day) if NSAIDs contraindicated
- Nutraceuticals (Fish Oil, ASU, Glucosamine/Chondroitin)
- Colchicine (if evidence of CPPD)
- Duloxetine (if moderate/severe pain)
- Strontium (if evidence of bone marrow oedema)

#### More Invasive Adjuncts

Injectable agents including:

- Cortisone
- HA
- PRP
- ACS are all options to facilitate function
- Joint sparing surgery (HTO or Uni-compartmental Knee Replacement)
- Last Resort- Total Knee Replacement

**Not Recommended-** Arthroscopy, Bisphosphonates, Biologicals, Stem Cells