

Non-Surgical Knee Treatment

Osteoarthritis (OA) is the most common type of arthritis. It is caused by a wearing away of the cartilage covering the ends of the bone. This can result in the bones rubbing against each other, causing pain, warmth, and swelling. Osteoarthritis is more common as we get older and usually starts in our 50s or 60s. It is also more common in joints that have been injured.

Non-Pharmacological Treatment

- Weight Control**
For every pound of weight loss, the pressure on your joints decreases 3-4 times

- Physiotherapy**
Improve strength and range of motion

- Gait Aids**
Using a cane/walker can help relieve pain and provide support. Hold cane in hand opposite sore joint

- Heat and Ice**
Helps reduce pain and swelling
Be sure to protect your skin from prolonged exposure to ice and/or heat

- Activity Modification**
Avoid high impact or aggravating activities

- Brace**
Unloader or Neoprene (elastic sleeve)

Pharmacological Treatment

- Topical Treatment (Ex. Pennsaid)**
Topical anti-inflammatories penetrate the skin barrier to deliver medication to the site of pain

- Intra-articular Treatment (Injection)**
 - Steroid (cortisone)
 - Visco-supplementation (“Gel”)

- Oral Medications:**
For pain relief
 - Analgesics (e.g. Acetaminophen)
 - Anti-inflammatories (e.g. Ibuprofen)
 - Non-Steroidal anti-inflammatories (e.g. Naproxen)

Speak to your pharmacist and/or family doctor about specific dosing and any possible side effects