

Non-operative Treatment Knee Osteoarthritis

LIFE STYLE MODIFICATION

- No High Impact and Limit Stairs
- Weight loss
- Good Diet

REHABILITATION/ EXERCISE (http://www.rheumatology.org.au/downloads/PhysicalActivity_000.pdf)

- Work on Range of Motion
- Muscle strengthening
- Flexibility
- Hydrotherapy/ Water Exercise (<http://www.rheumatology.org.au/downloads/>)

FOOTWEAR

- Energy absorbing shoes
- Shoe Wedge

BRACING (<http://www.arthritis.org/bracing.php>)

- Knee sleeve

SUPPORT DEVICE

- Walking stick or crutches

MEDICINES AND ARTHRITIS (http://www.rheumatology.org.au/downloads/MedicinesandArthritis_000.pdf)

- Paracetamol
- Anti-inflammatories

INJECTIONS

- Corticosteroid Injection
- Viscosupplements

OTHER OPTIONS PAIN MANAGEMENT

- Dealing with Pain (http://www.rheumatology.org.au/downloads/En_Comp.pdf)
- Arthritis and Emotions (http://www.rheumatology.org.au/downloads/_ArthritisandEmotions.pdf)

What is Osteoarthritis?
(<http://www.rheumatology.org.au/downloads/>)

Diet

Healthy Eating and Arthritis
(http://www.rheumatology.org.au/downloads/HealthyEatingandArthritis_000.pdf)

Fish Oil
(http://www.rheumatology.org.au/downloads/FishOils_000.pdf)

Alternative Medications

Glucosamine and Chondroitin
(http://www.rheumatology.org.au/downloads/GlucosamineandChondroitin_000.pdf)
Others (http://www.rheumatology.org.au/downloads/En_Comp.pdf)

More Information

ABC Podcasts
Part 1 www.abc.net.au
Part 2 www.abc.net.au