



# Non-Arthroplasty Treatment of Osteoarthritis of the Knee

## *Patient Guideline Summary*

*Last updated February 3, 2023*

### Objective

This patient summary means to discuss key recommendations from the American Academy of Orthopaedic Surgeons (AAOS<sup>®</sup>) for Management of Osteoarthritis of the Knee (Non-Arthroplasty). It is limited to adults 18 years of age and older and should not be used as a reference for children.

### Overview

- Osteoarthritis (OA<sup>®</sup>) is a progressive, degenerative condition leading to pain and loss of joint function.
- There are no known causes for OA<sup>®</sup> beyond wear and tear from ageing.
- Symptoms include pain and limitation of motion.
- This patient summary focuses on non-surgical management of osteoarthritis as it affects the knee joint.

### Treatment

Recommended treatments include:

- Topical NSAIDs
- Oral NSAIDs
- Supervised exercise, unsupervised exercise, and/or aquatic exercise
- Self-management
- Patient education
- Sustained weight loss

Allowed treatments include:

- Canes
- Braces
- Supplements:

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- Turmeric
- Ginger extract
- Glucosamine
- Chondroitin
- Vitamin D
- Neuromuscular training (i.e. balance, agility, coordination programs)
- Manual therapy (as performed by osteopaths and physical therapists)

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- Acupuncture
- Transcutaneous Electrical Nerve Stimulation [TENS<sup>®</sup>] (pain)
- Percutaneous Electrical Nerve Stimulation
- Pulsed Electromagnetic Field Therapy
- Extracorporeal shockwave therapy

Treatments not recommended:

- Lateral wedge insoles

## Disclaimer ^

The information in this patient summary should not be used as a substitute for professional medical care or advice. Contact a health care provider if you have questions about your health.

## Abbreviations ^

- **AAOS:** American Academy Of Orthopedic Surgeons
- **OA:** Osteoarthritis
- **TENS:** Transcutaneous Electrical Nerve Stimulation

## Source Citation ^

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