

# WHAT SHOULD YOU KNOW ABOUT KNEE OSTEOARTHRITIS?

## MYTHS

- ✗ Degree of arthritis on a scan predicts your pain and disability levels
- ✗ Rest is helpful
- ✗ Only surgery will fix it
- ✗ Exercise is dangerous
- ✗ Pain = damage

## FACTS

- ✓ Scans are poorly related to pain and disability
- ✓ Rest and avoidance makes pain worse
- ✓ Graded exercise is safe and helps
- ✓ 20% of people do not get any pain relief from knee joint replacement
- ✓ Pain ≠ damage



## WHAT IS LOW VALUE CARE (passive treatments)

- ✗ Massage
- ✗ Needles
- ✗ Rollers
- ✗ Tens
- ✗ Ultrasound
- ✗ Laser
- ✗ Interferential
- ✗ Opioids
- ✗ Imaging
- ✗ Arthroscopy
- ✗ Injections
- ✗ Relying on common supplements
- ✗ Knee replacement for inappropriate candidates
- ✗ Low dose poorly targeted exercise

## WHAT IS HIGH VALUE CARE (active treatments)

- ✓ Evidence based education
  - ✓ Exercise (movement control, fitness, weight bearing/strength)
  - ✓ Referral when indicated
  - ✓ Lifestyle change (physical activity, weight loss)
- \*Knee replacement for appropriate candidates, after high value nonsurgical approaches have been trialled

