

TREATMENT OPTIONS FOR OSTEOARTHRITIS KNEE

1. Exercise Program: Low impact or non-weight bearing recreational activities
 Aerobic fitness: Pool, bike elliptical, etc.
 Strength training
 Stretching to maintain range of motion (esp. extension)

2. Drug therapy: Acetaminophen (Tylenol) 1000mg up to 4 times a day
 Non-steroidal anti-inflammatory drugs: oral or topical

3. Supplements: Glucosamine Sulfate 1500mg & Chondroitin 1200mg daily.
 Turmeric

4. Homeopathic: Capisiacin Cream, SAME, SierraSil, Cream, Lakota, Celadrin Cream

5. Injections: Viscosupplementation - Monovisc, Synvisc, Durolane, Cingal
 Steroid
 PRP (platelet rich plasma)

6. Therapeutic modalities: Physiotherapy
 Heat and/or ice
 TENS home unit
 Acupuncture

7. Bracing: Custom, or off-the-shelf, unloader brace
 Off-loading orthotics
 Neoprene sleeve

8. Weight loss 4-8 times multiplier

9. Surgery Arthroscopy??
 Osteotomy
 Knee Replacement -Partial
 -Total