

# A guide to managing knee osteoarthritis

Care for persons with osteoarthritis (OA) should be tailored to an individual's needs and goals. Management should prioritise treatments with the strongest evidence of benefit with minimal risk and cost.

## Interactive guide

Open in Adobe Acrobat and move cursor over treatment for more detail



Exercise and physical activity



Weight loss



Education and self-management

## Recommended treatments



Topical medications, heat pack



Mood and sleep management



Walking aids and assistive devices

## Treatments which should be used with caution



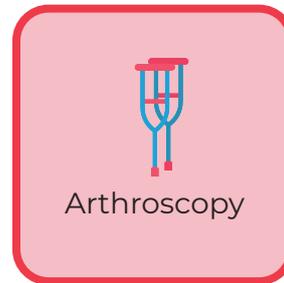
Judicious use of analgesia



Joint replacement surgery



Reactive care



Arthroscopy



Opioids

## Treatments that are not recommended



Glucosamine and chondroitin supplements



Viscosupplementation



Repeat injections of corticosteroids