

Knee Osteoarthritis - Option Grid

Your clinician has discussed a diagnosis of Osteoarthritis of the knee. At Healthshare we encourage a shared decision-making process involving you, the patient in the treatment most appropriate for your condition. The option grid below is based on current evidence.

Frequently Asked Questions	Conservative management	Joint Injections	Knee replacement surgery
Will this reduce the pain I have in my knee?	Over the counter pain relief is effective for 50% of patients.	Some patients get good symptomatic pain relief.	Approximately 90% of patients experience relief of pre-operative pain. Approximately 10% of patients experience no significant pain relief. *2
Will this treatment help improve my ability to be active?	Pain relief can help facilitate functional rehabilitation with an aim to strength and condition the knee	Yes. Most patients get symptomatic pain relief that allows facilitation of exercise, strength and conditioning under guidance from a Physiotherapist. *1	The majority of patients experience improvements in function and activity level. Some patients see little change in their ability to walk or climb stairs.
Are there any risks to this treatment?	Pain relief medication will have its associated risks but Physiotherapy and exercise will have a low risk.	There is a small risk to cartilage damage especially in weight bearing joints. Less than 1% of patients will experience complications such as infection, bleeding, or increased pain.	Wound infection needing treatment occurs in 5% of patients. Joint infection occurs in less than 1% of patients. Blood clots in the lower limb occur in 2% of patients. The risks of surgery increase with co-morbidities.
How long will it take me to feel better after the treatment?	Patients may get relief of pain after a couple of days. Exercise is likely to take longer.	Most patients who experience relief feel better after the first week.	Pain relief is gradual. Knee replacement will involve an inpatient stay of up to 3-5 days. Most patients walk unaided after 3 months. Full recovery can take up to a year.
Will I need to have more treatment or surgery?	Rehabilitation will be medium to long term solution and likely to involve lifestyle changes. Your clinician will be able to discuss alternative treatments.	Patients experience varying pain relief and should use the window to maximize rehabilitation strategies from a Physiotherapist.	Most knee replacements can last 15 years or more
What are the outcomes for people with arthritis who have this treatment?	Many patients cope well with medication, being active and losing weight. Reducing pain will allow patients to feel the benefit of exercise. *1	Some patients have good relief by having injections. These can be repeated upto 3 in one year.	Surgery is considered after conservative measures have failed. Approximately 80-85% of patients feel satisfied after having knee replacement surgery.*2

Ref 1 – NICE guidelines Osteoarthritis; Care and Management (Clinical guideline CG177)

2 – Ramkumar, P.N et al Patient reported outcome measures after total knee arthroplasty. Bone Joint Res 2015;4:120–127