

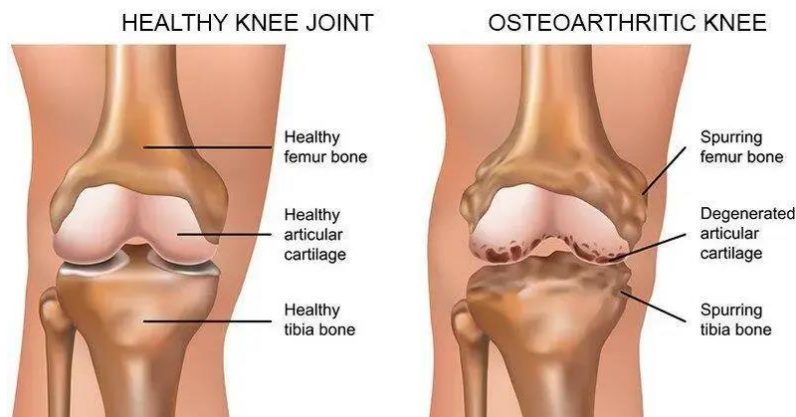


---

## ***Knee Osteoarthritis (OA)***

### **What is Knee osteoarthritis (OA)?**

Osteoarthritis (OA) is also called “degenerative arthritis”. Arthritis results when *cartilage* wears away at the end of a bone, causing a rough, irregular surface like a gravel road. Osteoarthritis is more common as you get older or if you have had a serious knee injury.



### **Conservative Treatments:**

- Diet – anti-inflammatory diet, low sugar
- Physical Therapy – most important step!
- Supplements – Osteo Bi-Flex, Turmeric have mixed results
- Medicines – Tylenol, NSAIDs, topical Voltaren (Diclofenac) gel
- Low-impact exercise – stationary bike, elliptical, swimming, Aquafit, resistance training, Yoga
- Walking poles
- Weight loss (if indicated)
- “Unloader” knee brace
- Cryocuff Ice Machine

### **Common injections:**

- **Cortisone (steroid)**
- **Hyaluronic acid (Visco-supplementation):** Synthetic synovial fluid to lubricate the joint. Brands include: Monovisc, Synvisc, Durolane, etc. Cost can be expensive. Insurance coverage is variable.
- **Platelet Rich Plasma (PRP):** A patient’s own Platelets are injected in to the joint to help improve pain. Cost is not covered by most insurance companies and usually \$650-1,000.
- **Stem Cell Therapy:** A patient’s own Stem Cells are injected into the joint. The theory is to help repair damaged tissue, but evidence is weak and injections are considered experimental. Cost is \$8,000-10,000.

### **Knee Replacement Surgery:**

- You may be a candidate for a “Total Knee Replacement” if you continue to have pain that limits your activities, despite completing appropriate conservative care. This is performed by an orthopedic surgeon.