

# OA TREATMENT OPTIONS

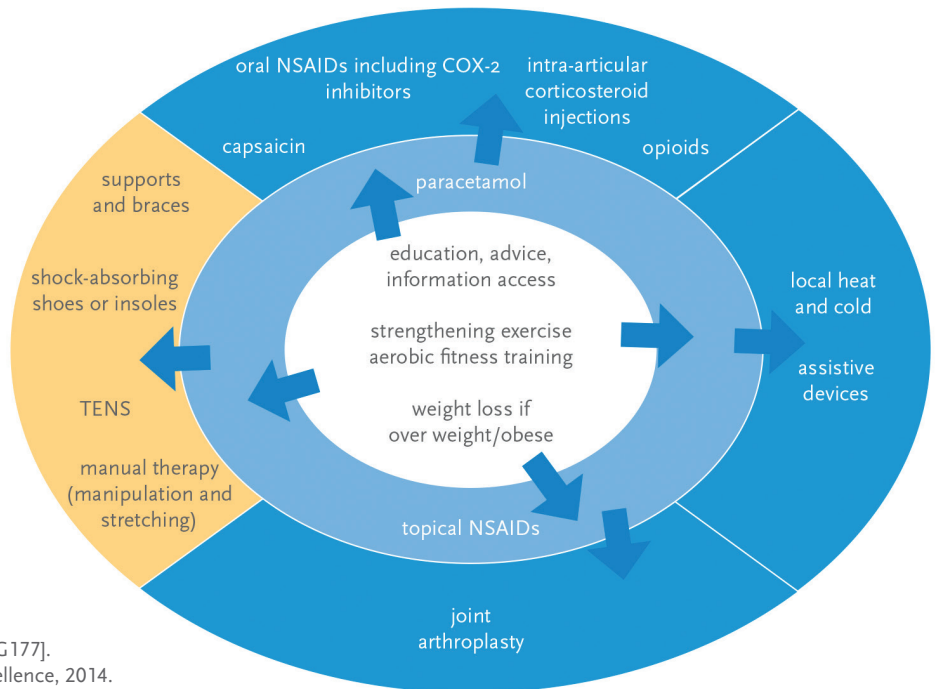
8.75 million people in the UK have sought treatment for osteoarthritis, 4.11 million of them have sought treatment for osteoarthritis of the knee.

Arthritis Research UK (2013). Osteoarthritis in General Practice

## NICE GUIDELINES

There are non-invasive and invasive treatments you can try which are recommended by NICE.

It is generally recommended that all non-invasive (non surgical) treatments are considered before any invasive (surgical) procedures are undertaken.



National Institute for Health and Care Excellence. Osteoarthritis: Care and Management in Adults. [CG177]. London: National Institute for Health and Care Excellence, 2014.

## INVASIVE TREATMENT

## NON-INVASIVE TREATMENT

Medication	Injections	Surgery	Lifestyle Changes	Exercise & Physio	Knee Bracing
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One treatment that you may or may not be aware of and which is recommended by NICE and Versus Arthritis is using a brace to offload the knee and relieve your pain.

A recent study in the British Medical Journal (2017) found that an 'Unloading knee brace is a cost-effective method to bridge and delay surgery in unicompartmental knee arthritis' Paul YF Lee, Thomas G Winfield, Shaun RS Harris, Emerald Storey, Amit Chandratreya BMJ Open Sport & Exercise Medicine Feb 2017, 2 (1) e000195; DOI: 10.1136/bmjsem-2016-000195

## WHAT SHOULD I DO NEXT?

For more information on treatment options and exercises visit [www.oakneepain.co.uk](http://www.oakneepain.co.uk)

To see how an off-loading knee brace can make a difference, visit [www.KNEEGuru.com](http://www.KNEEGuru.com) and search 'unloadermoment'

OA Knee Pain was created by a group of experts, due to the increasing number of patients suffering with osteoarthritis of the knee in the UK.