

# Knee Osteoarthritis Patient Guide



## Step 1: Answer these questions

<b>What activities do you need and want to do every day?</b> (List them below)	<b>Are you able to do the activity?</b>	<b>What stops you from doing the activity?</b>	<b>What stops you from doing the activity?</b> (For example, rest, exercise, heat, cold, medicines, other) If you use medicine, what medicine do you use? How much and how often do you use the medicine? For example, pills, lotions/rubs, shots, etc.)
	No <input type="checkbox"/> Yes <input type="checkbox"/> Sometimes <input type="checkbox"/>		
	No <input type="checkbox"/> Yes <input type="checkbox"/> Sometimes <input type="checkbox"/>		
	No <input type="checkbox"/> Yes <input type="checkbox"/> Sometimes <input type="checkbox"/>		
	No <input type="checkbox"/> Yes <input type="checkbox"/> Sometimes <input type="checkbox"/>		

## Step 2:

Review this information with your healthcare provider or community pharmacist. Together, create a treatment plan that will help you meet your activity goals. Osteoarthritis is more than wear and tear on your knee; it includes inflammation that can impact your overall health in more ways than simply causing pain and stiffness. Activity and a healthy weight are crucial to your long-term health and daily activity goals. Here are some treatment options to discuss with your healthcare provider or community pharmacist.

## Treating Knee Osteoarthritis without Medicines

- Lose weight if body mass index is over 25 kg/m<sup>2</sup>
- Physical therapy: A physical therapist can provide safe and appropriate exercises specific to your condition. Physical therapists may also determine if walking aids or other assistive devices may provide benefit in order for you achieve your functional goals.
- Low-impact aerobic exercise including aquatic exercise
- Strength training
- Appropriate footwear (comfort doesn't always mean appropriate- make sure your shoes provide support and are the right size for you. A physical therapist is an excellent resource in determining if you have the best shoes for your health.)\*
- Balneotherapy/thermal agents (heat)
- Acupuncture\*\*

\* Appropriate footwear implies no raised heel; thick, shock-absorbing soles; support for the arches of the foot; and a shoe size large enough to give a comfortable space for the toes.

\*\* The evidence to support acupuncture as a clinically significant option in the care of osteoarthritis remains inconclusive. However, some studies suggest benefits and acupuncture may be a reasonable consideration for patients at high risk for adverse events associated with chronic pain medication.<sup>2</sup>

### Notes

## Treating Knee Osteoarthritis with Medicine

### Without a Prescription

Medicine	How Can It Help Me?	What Should I Know Before Taking This Medicine?	This Medicine Should Not Be Used If...
<b>Capsaicin Cream</b>	Relieves pain after continuous use for 2 to 4 weeks	<ul style="list-style-type: none"> <li>• Can cause a burning sensation which decreases with repeated use</li> <li>• If the area on which the medicine was applied comes in contact with warm water, a burning sensation will occur.</li> </ul>	<ul style="list-style-type: none"> <li>• The painful area has wounds or irritated skin</li> <li>• You are also using a heating pad on the painful area</li> </ul>
<b>Glucosamine/Chondroitin</b> (supplement)	May have additional benefit in protecting your cartilage if used for at least 3 months	<ul style="list-style-type: none"> <li>• This supplement is not likely to provide quick relief but may provide some benefit after taking it steadily for 3 months or more.</li> </ul>	
<b>Oral NSAIDs:</b> Ibuprofen, Naproxen	Relieves pain and inflammation within an hour	<ul style="list-style-type: none"> <li>• Not appropriate for long-term use</li> <li>• Should be used at the lowest effective dose and as infrequently as possible</li> </ul>	<ul style="list-style-type: none"> <li>• You have severe kidney disease, pre-existing heart disease, or gastrointestinal conditions</li> </ul>
<b>Acetaminophen</b>	Relieves pain within an hour	<ul style="list-style-type: none"> <li>• Not appropriate for long-term use</li> <li>• Should be used at the lowest effective dose and as infrequently as possible</li> </ul>	<ul style="list-style-type: none"> <li>• You have liver disease, severe kidney disease, pre-existing heart disease, or gastrointestinal conditions</li> </ul>

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## References

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