

WHAT SHOULD YOU KNOW ABOUT KNEE OSTEOARTHRITIS?

MYTHS

FACTS

✗ Degree of arthritis on a scan predicts your pain and disability levels

✗ Rest is helpful

✓ Scans are poorly related to pain and disability

✓ Rest and avoidance makes pain worse

✗ Only surgery will fix it

✗ Exercise is dangerous

✓ Graded exercise is safe and helps

✓ 20% of people do not get any pain relief from knee joint replacement

✗ Pain = damage

✓ Pain ≠ damage



WHAT IS LOW VALUE CARE (passive treatments)

WHAT IS HIGH VALUE CARE (active treatments)

✗ Massage

✗ Needles

✗ Rollers

✗ Tens

✗ Ultrasound

✗ Laser

✗ Interferential

✗ Opioids

✗ Imaging

✗ Arthroscopy

✗ Injections

✗ Relying on common supplements

✗ Knee replacement for inappropriate candidates

✗ Low dose poorly targeted exercise

✓ Evidence based education

✓ Exercise
(movement control, fitness, weight bearing/strength)

✓ Referral when indicated

✓ Lifestyle change
physical activity, weight loss

*Knee replacement for appropriate candidates, after high value nonsurgical approaches have been trialed