

Conservative Management of Osteoarthritis of the Knee Summary of Guidelines from the American Academy of Orthopaedic Surgeons (AAOS)

NOT RECOMMENDED

- Glucosamine & chondroitin sulphate
- Hyaluronic acid injections
- Acupuncture
- Lateral wedge insoles
- Needle lavage
- Arthroscopy to “clean out” an arthritic knee

UNABLE TO SUPPORT

- Corticosteroid knee injections
- TENS, pulsed electrical stimulation
- Manual therapy: joint manipulation, chiropractic therapy, patellar mobilisation
- Knee brace: valgus-directing force brace
- Platelet rich plasma
- Paracetamol

RECOMMENDED

- Weight control to keep BMI < 25 - moderate recommendation
- Low impact aerobic exercise - strong recommendation
- Anti-inflammatories and tramadol for pain relief