WELLBEING & HEALTH PHYSIO

Knee osteoarthritis: patient basics

Understanding knee osteoarthritis

Knee osteoarthritis can cause pain, stiffness and reduced confidence with movement. Symptoms do not always match imaging changes.

What helps

Individually tailored strengthening, regular physical activity, education and weight management when appropriate are important non-surgical treatments.

Exercise progression

Start from a tolerable level and progress gradually. A physiotherapist can adapt exercises around pain, strength, mobility and goals.

Injections

Corticosteroid injection may offer temporary relief for selected people. NICE recommends against offering intra-articular hyaluronan injections for osteoarthritis.

Source

National Institute for Health and Care Excellence (2022) Osteoarthritis in over 16s: diagnosis and management, NG226. https://www.nice.org.uk/guidance/ng226

General information only. An individual clinical assessment may lead to different advice.