WELLBEING & HEALTH PHYSIO

Understanding knee osteoarthritis

Patient education | Not individual medical advice

What can help

Tailored therapeutic exercise, including strengthening and aerobic activity, is central to osteoarthritis care. Discuss realistic progression with a physiotherapist.

Hands-on techniques

For knee or hip osteoarthritis, manual therapy may be considered alongside exercise, not as a stand-alone treatment.

Injections

NICE advises against hyaluronan injections for osteoarthritis. Corticosteroid injection may be considered in selected circumstances for short-term symptom relief.

Urgent concerns

Seek urgent assessment for fever with a hot swollen joint, significant injury or inability to bear weight.

Source

NICE (2022) Osteoarthritis in over 16s: diagnosis and management. NG226. nice.org.uk/guidance/ng226