

WHAT CAN I DO ABOUT KNEE OSTEOARTHRITIS?



STOP THE PROBLEM	MANAGE THE PAIN	PROMOTE HEALING		
------------------	-----------------	-----------------	--	--

<ul style="list-style-type: none"> • Weight loss from improved nutrition and exercise, such as t'ai chi, walking, and water-based aerobic activity • Appropriate knee bracing or walking cane • Inflammation control with a whole-food, plant-based diet • Physical therapy to strengthen muscles supporting the knee • Nutritional supplementation 	<ul style="list-style-type: none"> • Acetaminophen sparingly • Capsaicin cream 0.025% apply 4 x per day • Corticosteroid injection • Cosamin DS 500mg/400mg • twice daily (significant reduction in use of pain medications) <p>Hyaluronic Acid Injections</p> <ul style="list-style-type: none"> • 3-4 weeks of injections • Helps modulate the inflammatory response • Stimulates synovial cells to make hyaluronic acid • Greater long term benefit than corticosteroid injection • Covered by some PPO insurances 	<p><u>Prolotherapy</u></p> <ul style="list-style-type: none"> • Injection of lidocaine and dextrose solution into knee • Believed to promote ligament regrowth and strengthening to promote stability • Requires 4-6 weeks for pain improvement • Affordable but not covered by insurance 	<p><u>Platelet-rich Plasma</u></p> <ul style="list-style-type: none"> • Research suggests most patients have reduced pain within 3 months that lasts for at least 12 months • Believed to promote cartilage regrowth and manage local inflammation • More expensive than Prolotherapy and not covered by health insurance 	<p><u>Stem Cell</u></p> <ul style="list-style-type: none"> • Research shows it provides protection and acts as a cushion • Has cytokines that block pain receptors • Promotes soft tissue growth • Helps revive damaged areas • More expensive than Prolo or PRP and not covered by health insurance 	<p style="text-align: center; font-size: 2em; letter-spacing: 0.5em;">S U R G E R Y</p>
--	--	--	---	--	---