

Managing knee osteoarthritis

This resource was developed for health professionals. It summarises interventions classified in the Royal Australian College of General Practitioners (RACGP) Guideline for the Management of Knee and Hip Osteoarthritis' (2018) as having a "strong recommendation against", "conditional recommendation against", or "conditional (neutral) recommendation" in the management of knee osteoarthritis. For more information, including the overall quality of the evidence pertaining to each intervention, please refer to the Guideline.

RECOMMEND NOT OFFERING:



Medical and surgical

- Arthroscopic cartilage repair
- Arthroscopic lavage and debridement
- Arthroscopic meniscectomy
- Doxycycline
- Fibroblast growth factor (FGF)
- Interleukin-1 (IL-1) inhibitors
- Oral and transdermal opioids
- Stem cell therapy
- Strontium ranelate

Unless the person also has mechanical symptoms of a clinically locked knee as per the Australian Knee Society's 'Arthroscopy position statement'

SUGGEST NOT OFFERING:



Medical

- Anti-nerve growth factor (Anti-NGF)
- Bisphosphonates
- Calcitonin
- Colchicine
- Dextrose prolotherapy
- Diacerein
- Methotrexate
- Omega-3 fatty acids
- Topical capsaicin
- Viscosupplementation injection

Non-medical

- Cold therapy
- Interferential electrotherapy
- Kinesio taping
- Laser electrotherapy
- Lateral wedge insoles
- Minimalist footwear
- Realigning patellofemoral braces
- Rocker-sole shoes
- Shockwave electrotherapy
- Therapeutic ultrasound
- Unloading shoes
- Valgus unloading/realignment braces

Complementary and alternative

- Chondroitin (alone or with glucosamine)
- Electrical acupuncture
- Glucosamine (alone or with chondroitin)
- Laser acupuncture
- Traditional acupuncture
- Vitamin D

UNABLE TO RECOMMEND EITHER FOR OR AGAINST:



Medical

- Collagen
- Methylsulfonylmethane (MSM)
- Paracetamol*
- Platelet-rich plasma (PRP) injection
- Topical NSAIDs*

Non-medical

- Arch supports
- Electromagnetic/shortwave therapy
- Formal self-management programs
- Medial wedge insoles
- Patellar taping
- Shock-absorbing insoles
- Varus unloading/realignment braces

Complementary and alternative

- Avocado/soybean unsaponifiables (ASU)
- *Boswellia serrata* extract
- Curcuma/curcuminoid
- Pine bark extract

*It might be reasonable to trial this intervention for a short period and discontinue if not effective