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## **Arthritis hand out**

Conservative (non operative treatments)

LIFESTYLE MODIFICATIONS:

Diet, exercise, maintaining a healthy BMI (<30)

MEDICATIONS:

Oral medication: Anti inflammatory medications (NSAIDS), Tylenol

Gels/creams: Voltaren, Biofreeze, Lidocaine patches, etc

Injections:

Cortisone (anti inflammatory)

Viscosupplementation shots (knee lubricant, hyaluronic acid)

KNEE BRACES

PHYSICAL THERAPY- low impact exercises, knee strengthening, improve range of motion, decrease swelling

Surgical options

KNEE ARTHROSCOPY- not typically effective for more than a few months. Meniscus tears are “cleaned up”, but typically the arthritis pain will persist a few months or so after surgery

KNEE REPLACEMENT- GOLD STANDARD SURGICAL TREATMENT