

RehabWORKS!

A Review of Evidence Based Rehabilitation for Common Musculoskeletal Injuries or Conditions

Knee Osteoarthritis

Epidemiology:

Worldwide OA of the knee is one of the leading causes of disability, particularly in the elderly population.

Evidence Based Treatments:

Exercise:

- A Cochrane Review published in 2008 found that muscle strengthening, aerobic exercise, or a combination of both was effective for reducing pain and improving physical function.¹
- The American Academy of Orthopaedic Surgeons (AAOS) guidelines for treatment of OA makes the following recommendations:²
 1. Patients with symptomatic OA of the knee be encouraged to participate in low-impact aerobic fitness exercises (Grade A, Level 1).
 2. Range of motion/flexibility exercises are an option for symptomatic OA of the knee (Grade C, Level V).
 3. Quadriceps strengthening (Grade B, Level II).
 4. Patients with symptomatic OA of the knee, who are overweight (BMI>25) should be encouraged to loose weight (Grade A, Level 1).
 5. Patellar taping for short-term relief (Grade B, Level III).
- A 2008 randomized trial published in the New England Journal of Medicine found that arthroscopy for knee OA provides no additional benefit to optimized physical and medical therapy in patients with mild to moderate OA.³

Who to Refer: Patients with mild to moderate knee osteoarthritis.

How to Refer: Fax us the patient's contact info and a PT order to 435-753-7305, or call us at 435-753-1556, and we'll take care of everything.

1. Fransen M, McConnell S. Exercise for osteoarthritis of the knee. *Cochrane Database Syst Rev.* 2008;4:CD004376.
2. American Academy of Orthopaedic Surgeons (AAOS). Treatment of osteoarthritis of the knee (non-arthroplasty). Rosemont (IL): American Academy of Orthopaedic Surgeons (AAOS); 2008 Dec 6. 263 p.
3. Kirkley A, Birmingham TB, Litchfield RB, et al. A randomized trial of arthroscopic surgery for osteoarthritis of the knee. *N Eng J Med* 2008;359:1097.