



TREATMENT ALGORITHM FOR OSTEOARTHRITIS (OA) OF THE KNEE

CHIROPRACTIC EVALUATION & TREATMENT

- ✎ **PHYSICAL EXAMINATION** –assessment of structural & functional components of proper body mechanics
- ✎ **ACTIVE RELEASE, SOFT TISSUE TECHNIQUES & JOINT MOBILIZATION** – knee mobilization, manipulation & soft tissue therapies targeting supportive structures
- ✎ **EXERCISE PROGRAM** – Custom designed non-weight bearing exercises (pool exercises/running, bicycling, elliptical machine, x-country skiing, etc.) and leg muscle strengthening
- ✎ **EDUCATION** - The Arthritis Society (www.arthritis.ca) and www.kneepaininfo.com
- ✎ **DIETARY SUPPLEMENTS** - Glucosamine Sulphate (+/- Chondroitin Sulfate) – 1500 mg daily, for a minimum of 6 –8 weeks, Sam-E, MSM|
- ✎ **TOPICAL MEDICATION** - Traumeel – Apply to affected areas, morning and evening
- ✎ **CUSTOM FOOT ORTHOTICS & FOOTWEAR** – For proper biomechanical function and knee joint unloading.
- ✎ **NUTRITIONAL ANALYSIS / WEIGHT MANAGEMENT** – Consultation with naturopathic doctor to evaluate diet/lifestyle factors contributing to arthritis
- ✎ **REGENERATIVE INJECTION THERAPIES** – Prolotherapy, mesotherapy, & hyaluronic acid (Symvisc) injections to stimulate cartilage re-growth and pain relief



METABOLIC EVALUATION

- ✎ **METABOLIC / HORMONE TESTING** - detailed metabolic evaluation to identify barriers that are preventing the body from healing properly



BRACING

- ✎ **KNEE BRACING** (Knee sleeve for mild OA or unloader brace for moderate/severe OA)



SURGERY

- ✎ **ARTHROSCOPY / HIGH TIBIAL OSTEOTOMY** – if malaligned
- ✎ **TOTAL or PARTIAL KNEE ARTHROPLASTY** – for end stage disease