

NON-OPERATIVE TREATMENT OPTIONS FOR KNEE OSTEOARTHRITIS

1. Rest, activity modifications, anti-inflammatories (NSAID's, acetaminophen, etc...), home exercise programs
2. Physical therapy
3. Corticosteroid (CSI) injections (inflammation injections)
 - a. Covered by most insurances
4. Hyaluronic Acid (HA) injections (lubricating injections)
 - a. Covered by most insurances
5. Platelet-Rich-Plasma injections
 - a. Shown to be more effective than CSI and HA in limited studies¹
 - b. Limited coverage from most insurance companies, may have higher out of pocket cost
6. Radiofrequency ablation procedure
 - a. Up to 1 year of pain relief in mild-moderate knee OA²
 - b. Generally approved after failure of above options
 - c. Requires pre-procedure block and scheduling at hospital

1. Belk JW et al. "Platelet-Rich Plasma Versus Hyaluronic Acid for Knee Osteoarthritis: A Systematic Review and Meta-analysis of Randomized Controlled Trials." Am J Sports Med. 2020
2. Chen AF et al. "Cooled Radiofrequency Ablation Compared with a Single Injection of Hyaluronic Acid for Chronic Knee Pain: A Multicenter, Randomized Clinical Trial Demonstrating Greater Efficacy and Equivalent Safety for Cooled Radiofrequency Ablation." J Bone Joint Surg Am. 2020