

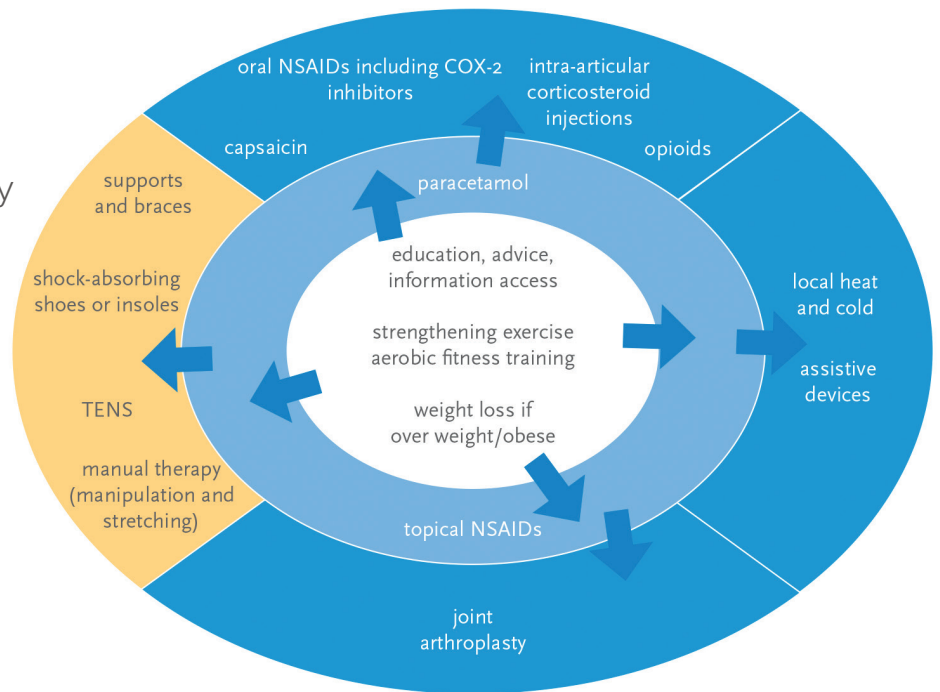
**8.75 million people in the UK have sought treatment for osteoarthritis, 4.11 million of them have sought treatment for osteoarthritis of the knee.**

*Arthritis Research UK (2013). Osteoarthritis in General Practice*

## NICE GUIDELINES

There are non-invasive and invasive treatments you can try which are recommended by NICE.

Due to the negative impact that medication can have, it is recommended that non-invasive treatments are tried in the first instance.



### INVASIVE TREATMENT

Medication

Injections

Surgery

### NON-INVASIVE TREATMENT

Lifestyle Changes

Exercise & Physio

Knee Bracing

**One treatment that you may or may not be aware of and which is recommended by NICE, OARSI and Arthritis Research is using a brace to offload the knee and relieve your pain.**

*Recently published in the BMJ Unloading knee brace is a cost-effective method to bridge and delay surgery in unicompartmental knee arthritis. Paul YF Lee; Thomas G Winfield; Shaun RS Harris; Emerald Storey; Amit Chandratreya*

## WHAT SHOULD I DO NEXT?

For more information on treatment options and exercises visit [www.oakneepain.co.uk](http://www.oakneepain.co.uk)

To see how an off-loading knee brace can make a difference, visit [www.KNEEGuru.com](http://www.KNEEGuru.com) and search 'unloadermoment'

**OA Knee Pain was created by a group of experts, due to the increasing number of patients suffering with osteoarthritis of the knee in the UK.**