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 Chandratheya*

**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.

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