



PROFESSOR RIAZ KHAN

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NON-OPERATIVE PLAN FOR KNEE ARTHRITIS

- Mild pain killers as required - Panadol Osteo Nurofen
- Anti-inflammatory gel
- Knee guard/brace/Tubigrip See Pharmacist
- Hot/cold pack
- Nutraceuticals e.g. fish oil, turmeric, Glucosamine/Chondroitin
- Weight (loss)
- Gentle exercise / Physiotherapy
- Injections: Cortisone/HLA

TRIGGERS TO CONTACT US

Increasing pain despite the above
or Sleep disturbance
or Difficulty working
or Impact on recreational activities

3 month care call : _____