

## Action plan for consumers

# Managing knee osteoarthritis

Many people have knee osteoarthritis. Most people will not need any imaging such as X-ray, CT scan, or MRI. Most will not need surgery.

There are many ways you can reduce pain and keep moving. You will get the best results when you are actively involved in managing your knee osteoarthritis. It is important that your treatment plan suits you, your preferences and your priorities so you can stay motivated. This means setting goals that are safe, clear and achievable in collaboration with your healthcare team.

Here are some ways for you to manage your osteoarthritis.

### Exercise and stay active

Regular physical activity is vital. It is safe and good for your joints, increases your mobility, helps with your emotional and mental health, and can reduce pain long-term.

Support from a physiotherapist or exercise physiologist may help you to set your goals and reach them safely.

Action:

### Eat well

A nutritious diet can help you manage your knee osteoarthritis, reduce the need for medicines, and support your general health and wellbeing.

Support from a dietitian or other professional service can help you to reach your goals safely and effectively.

Action:

### Maintain a healthy weight

Losing even a small amount of excess weight can reduce pain and the need for medicines. It can also help you stay mobile and can help avoid surgery. A dietitian or weight management program can support you to reach your goals.

Action:

### Use medicines wisely

Medicines can help manage your knee pain so that you can do the things that are most important to you. Medicines should be used alongside other treatments – such as a healthy diet, exercise, and weight management – they do not replace them.

Action:

### Seek professional help and follow-up

Make sure you follow up with your GP or other medical specialist and any other referrals your healthcare team suggests.

Action:



### More information

See the [Commission's website](#) for more information and useful resources.