

Treatment Of Knee Osteoarthritis Aside From Total Knee Replacement

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Various studies have shown that as much as 20% of patients who have had total knee replacement, in spite of successful and well performed surgery are not satisfied with the outcome. Because of this it may be prudent to know patient expectations and co morbidities. Although present surgical techniques and hardware have come a long way in success of TKR, it would be good for the medical practitioner to be knowledgeable on other treatment therapies for osteoarthritis of the knee.

The baseline for conservative treatment is a good rehabilitation program involving attainment of normal Range of Motion and quadriceps and VMO strengthening. Ancillary treatment protocols are pharmaceutical in nature with oral and int articular. Newer techniques that are being used are Platelet Rich Plasma injections.