

Exercising and keeping your weight down are two of the most important things you can do for your knees. If osteoarthritis knee pain is getting in the way of staying active it's time to talk with your doctor about treatment options.

Use Steps 1 – 3 to guide your conversation with your doctor. Create your personal Action Plan in Step 4 based on the treatment plan you discussed.

step 1: describe your pain

Your doctor can tell from an x-ray if your osteoarthritis is at a mild, moderate or severe stage. However, your pain level is not necessarily connected with your stage of OA. It's important that you describe your pain level.

	No Pain			Lots of Pain	
Walking	1	2	3	4	5
Sitting or lying down	1	2	3	4	5
Going up and down stairs	1	2	3	4	5
Exercising/playing sports	1	2	3	4	5

step 2: understand your treatment options

If your osteoarthritis is severe you may eventually need to have surgery. However, many people with osteoarthritis of the knee can manage their pain with non-surgical treatments. Ask your doctor which of the following treatments are right for you.

- ▶ Over-the-counter pain relievers
- ▶ One-injection viscosupplement
- ▶ Prescription NSAID/Cox-2 inhibitors
- ▶ Steroid injection

step 3: make the most of your treatment

Once you find a treatment that relieves your knee pain it's important to get active again. Talk with your doctor about the best exercise plan for you. Be sure to ask:

- ▶ What exercises are best for me?
- ▶ Are there certain activities I should avoid?
- ▶ Should I see a physical therapist?

continued on back...

Now that you have the most up-to-date information from your doctor, become a health partner by creating your Personal OA of the Knee Action Plan. Use this side of My Doctor Discussion Planner™ to keep track of what you need to do to increase mobility, ease pain and stay healthy.

Next steps based on my most recent visit with

Dr. _____ on _____
(name) (date)

step 4: my action plan

My next appointment

Follow-up tests

Lifestyle changes

My exercise plan as discussed with my doctor

Information I need for my next doctor's appointment
(i.e.: family history, list of other medications, etc.)

my OA of the Knee healthcare team

Name

Affiliation

Phone Number/E-mail

Name

Affiliation

Phone Number/E-mail

Name

Affiliation

Phone Number/E-mail

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