

# Impactful Statements

## Management of Osteoarthritis of the Knee

An impactful recommendation is one that offers the potential for current evidence to change care offered to patients. This influence can be due to one or more of the following:

- Evidence highlighting current variations in care that were previously unsupported by evidence
- Current evidence supporting a significant difference or change from current clinical practice or previously held "gold standard" care

### **The following impactful statements are based on the Management of Osteoarthritis of the Knee Evidenced-Based Clinical Practice Guideline:**

1. Self-manage exercise and strengthening programs should be encouraged for patients with symptomatic osteoarthritis of the knee.
2. Oral narcotics, including tramadol, should not be administered to patients in the treatment of symptomatic osteoarthritis of the knee.
3. Hyaluronic Acid should not be routinely used for patients with symptomatic osteoarthritis of the knee due to a lack of consistent efficacy.
4. Arthroscopic debridement should not be used for patients with symptomatic osteoarthritis of the knee due to the lack of treatment benefits and increased risks associated with surgery.
5. Arthroscopic partial meniscectomy can be used for the treatment of meniscal tears in patients with concomitant mild to moderate osteoarthritis of the knee who have failed nonsurgical treatments.

### **The following guideline recommendations are the basis of the impactful statements:**

1. We recommend that patients with symptomatic osteoarthritis of the knee receive patient education material and participate in self-management programs, supervised exercise, and neuromuscular training consistent with national guidelines.
2. We recommend against the use of oral narcotics in patients with osteoarthritis of the knee as it has been associated with a significant increase of adverse events and is not effective at improving pain or function.
3. We cannot recommend routine use of hyaluronic acid for patients with osteoarthritis of the knee as it does not routinely demonstrate a clinically meaningful improvement in symptoms.
4. We cannot recommend performing arthroscopy with lavage and/or debridement in patients with a primary diagnosis of symptomatic osteoarthritis of the knee.
5. If nonsurgical treatment such as physical therapy does not improve pain and function of symptomatic meniscal tears in the presence of mild to moderate osteoarthritis of the knee, we recommend consideration of arthroscopic partial meniscectomy as a potential treatment.