



AMERICAN ACADEMY OF
ORTHOPAEDIC SURGEONS

Management of Osteoarthritis of the Knee (Non-Arthroplasty)

Appropriate Use Criteria

Adapted by:

The American Academy of Orthopaedic Surgeons Board of Directors
September 11, 2022

Endorsed by:



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Disclaimer

Volunteer physicians from multiple medical specialties created and categorized these Appropriate Use Criteria. These Appropriate Use Criteria are not intended to be comprehensive or a fixed protocol, as some patients may require more or less treatment or different means of diagnosis. These Appropriate Use Criteria represent patients and situations that clinicians treating or diagnosing musculoskeletal conditions are most likely to encounter. The clinician's independent medical judgment, given the individual patient's clinical circumstances, should always determine patient care and treatment.

Disclosure Requirement

In accordance with American Academy of Orthopaedic Surgeons (AAOS) policy, all individuals whose names appear as authors or contributors to this document filed a disclosure statement as part of the submission process. All authors provided full disclosure of potential conflicts of interest prior to participation in the development of these Appropriate Use Criteria. Disclosure information for all panel members can be found in Appendix B.

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To View All AAOS and AAOS-Endorsed Evidence-Based clinical practice guidelines and Appropriate Use Criteria in a User-Friendly Format, Please Visit the OrthoGuidelines Web-Based App at www.orthoguidelines.org or by downloading to your smartphone or tablet via the Apple and Google Play stores!



To view the clinical practice guideline for this topic, please visit https://www.orthoguidelines.org/topic?id=1035&tab=all_guidelines

Contents

WRITING PANEL	5
VOTING PANEL	6
AUC MODERATORS.....	7
CONTRIBUTING MEMBERS:	Error! Bookmark not defined.
AAOS STAFF.....	7
INTRODUCTION	8
OVERVIEW	8
INTERPRETING THE APPROPRIATENESS RATING	9
METHODS	10
DEVELOPING CRITERIA.....	10
FORMULATING INDICATIONS AND SCENARIOS.....	11
CREATING DEFINITIONS AND ASSUMPTIONS	12
LITERATURE REVIEW	12
VOTING PANEL MODIFICATIONS TO WRITING PANEL DOCUMENT.....	12
DETERMINING APPROPRIATENESS	12
DISSEMINATING APPROPRIATE USE CRITERIA	16
ASSUMPTIONS & DISCLAIMER	17
INDICATIONS.....	19
TREATMENTS	20
RESULTS OF APPROPRIATENESS RATINGS	21
APPENDICES	132
APPENDIX A. DOCUMENTATION OF APPROVAL	132
APPENDIX B. DISCLOSURE INFORMATION	133
APPENDIX C. REFERENCES.....	136

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INTRODUCTION

OVERVIEW

AAOS has developed this Appropriate Use Criteria (AUC) to determine appropriateness of various treatments for the non-arthroplasty management of osteoarthritis (OA) of the knee.

An “appropriate” healthcare service is one for which the expected health benefits exceed the expected negative consequences by a sufficiently wide margin.¹ Evidence-based information, in conjunction with the clinical expertise of physicians from multiple medical specialties, was used to develop the criteria in order to improve patient care and obtain the best outcomes while considering the subtleties and distinctions necessary in making clinical decisions. To provide the evidence foundation for this AUC, the AAOS Department of Clinical Quality and Value provided the writing panel and voting panel with the AAOS Clinical Practice Guideline on Management of OA of the Knee (Non-Arthroplasty), which can be accessed via the following link:

<https://www.orthoguidelines.org/topic?id=1035>

The purpose of this AUC is to help determine the appropriateness of clinical practice guideline recommendations for the heterogeneous patient population routinely seen in practice. The best available scientific evidence is synthesized with collective expert opinion on topics where gold standard randomized clinical trials are not available or are inadequately detailed for identifying distinct patient types. When there is evidence corroborated by consensus that expected benefits substantially outweigh potential risks, exclusive of cost, a procedure is determined to be appropriate. The AAOS uses the RAND/UCLA Appropriateness Method (RAM)¹ to assess the appropriateness of a particular treatment. This process includes reviewing the results of the evidence analysis, compiling a list of clinical vignettes, and having an expert panel comprised of representatives from multiple

medical specialties to determine the appropriateness of each of the clinical indications for treatment as “Appropriate,” “May be Appropriate,” or “Rarely Appropriate.” To access a more user-friendly version of the appropriate use criteria for this topic online, please visit our AUC web-based application at www.orthoguidelines.org/auc or download the OrthoGuidelines app from Google Play or Apple Store.

These criteria should not be construed as including all indications or excluding indications reasonably directed to obtaining the same results. The criteria intend to address the most common clinical scenarios facing qualified physicians managing osteoarthritis of the knee. The ultimate judgment regarding any specific criteria should address all circumstances presented by the patient and the needs and resources particular to the locality or institution. It is also important to state that these criteria are not meant to supersede clinician expertise and experience or patient preference.

INTERPRETING THE APPROPRIATENESS RATING

Reducing risks improves treatment efficacy and is accomplished through collaboration between patient and physician.

To prevent misuse of these criteria, it is extremely important that the user of this document understands how to interpret the appropriateness ratings. The appropriateness rating scale ranges from one to nine and there are three main range categories that determine how the median rating is defined (i.e., 1-3 = “Rarely Appropriate”, 4-6 = “May Be Appropriate”, and 7-9 = “Appropriate”). Before these AUCs are consulted, the user should read through and understand all contents of this document.

INCIDENCE AND PREVALENCE

The incidence of knee osteoarthritis in the United States is estimated at 240 persons per 100,000 per year. Worldwide prevalence of radiographically confirmed symptomatic knee OA is estimated to be 3.8% overall, increasing with age to over 10% in the population over the age of 60.

ETIOLOGY

Osteoarthritis results from an imbalance between breakdown and repair of the tissues in the synovial joint organ and occurs as a result of multiple risk factors including trauma, overuse, and genetic predisposition.

POTENTIAL BENEFITS, HARMS, AND CONTRAINDICATIONS

Individuals with osteoarthritis of the knee often complain of joint pain, stiffness, and difficulty with purposeful movement. The aim of treatment is to provide pain relief and improve the patient’s functioning. Most interventions are associated with some potential for adverse outcomes, especially if invasive or operative. Because the clinical research does not differentiate between the sexes, it is possible future research may result in a better understanding of how a patient’s sex alters treatment benefits and harms. Contraindications vary widely by procedure.

METHODS

This Appropriate Use Criteria (AUC) for non-arthroplasty management of osteoarthritis of the knee (OAK) based on a review of the available literature and a list of clinical scenarios (i.e., criteria) constructed and voted on by experts in orthopaedic surgery and other relevant medical fields. This section describes the methods adapted from RAM¹. This section also includes the activities and compositions of the various panels that developed, defined, reviewed, and voted on the criteria.

Two panels participated in the development of the management of OAK AUC, a writing panel and a voting panel. Members of the writing panel developed a list of patient scenarios and relevant treatment options. Additional detail on how the writing panel developed the patient scenarios and treatments is below. The voting panel participated in two rounds of voting. During the first round, the voting panel was given approximately one month to independently rate the appropriateness of each the provided treatments for each of the relevant patient scenarios as 'Appropriate', 'May Be Appropriate', or 'Rarely Appropriate' via an electronic ballot. How the voting panel rates for appropriateness is described in more detailed below. After the first round of voting/appropriateness ratings were submitted, AAOS staff calculated the median ratings for each patient scenario and specific treatment. A virtual voting panel meeting was held on Sunday July 17th, 2022. During this meeting voting panel members addressed the scenarios/treatments which resulted in disagreement from round one voting. The voting panel members discussed the list of assumptions, patient indications, and treatments to identify areas that needed to be clarified/edited. After the discussion and subsequent changes, the group was asked to rerate their first-round ratings during the voting panel meeting, only if they were persuaded to do so by the discussion and available evidence. There was no attempt to obtain consensus

about appropriateness.

The AAOS Committee on Evidence Based Quality and Value, the AAOS Research and Quality Council, and the AAOS Board of Directors sequentially approve all AAOS AUC.

DEVELOPING CRITERIA

Panel members of the OAK AUC developed patient scenarios using the following guiding principles:

1. **Comprehensive** – Covers a wide range of patients.
2. **Mutually Exclusive** - There should be no overlap between patient scenarios/indications.
3. **Homogenous** –The final ratings should result in equal application within each of the patient scenarios.
4. **Manageable** – Number of total voting items (i.e., # of patient scenarios x # of treatments) should be practical for the voting panel. Target number of total voting items = 2000-6000. This means that not all patient indications and treatments can be assessed within one AUC.

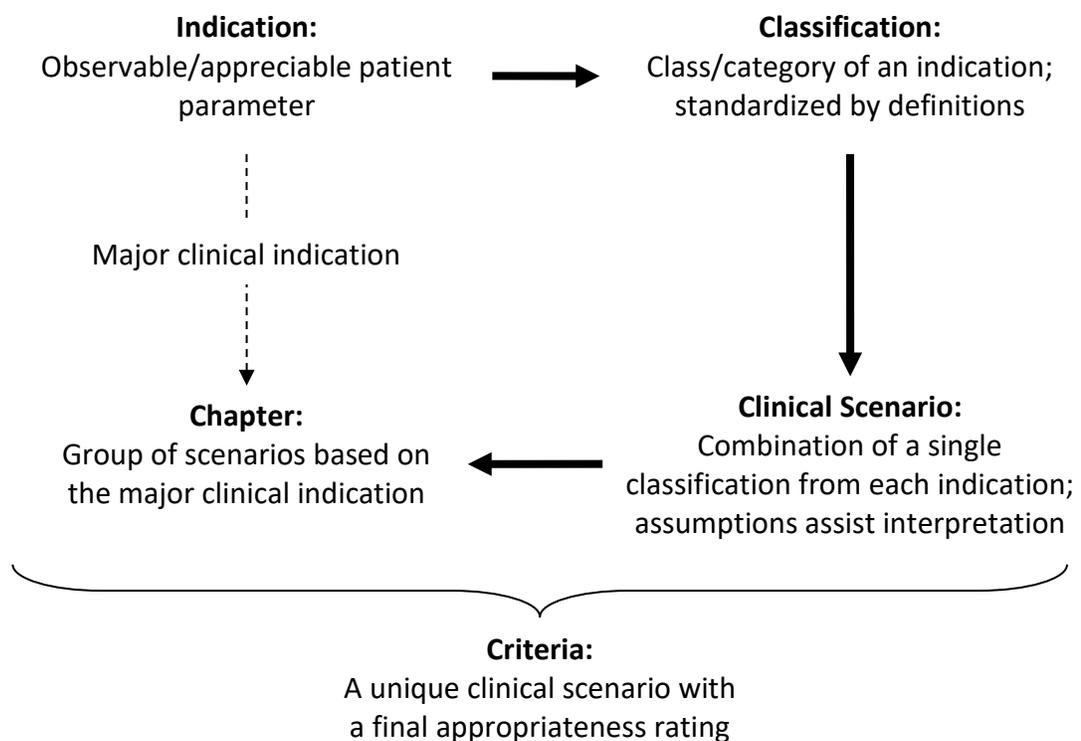
The writing panel developed the scenarios by categorizing patients in terms of indications evident during the clinical decision-making process. These scenarios relied upon definitions and general assumptions, mutually agreed upon by the writing panel during the development of the scenarios. These definitions and assumptions were necessary to provide consistency in the interpretation of the clinical scenarios among experts voting on the scenarios, and readers using the final criteria.

FORMULATING INDICATIONS AND SCENARIOS

The AUC writing panel began the development of the scenarios by identifying clinical indications typical of patients in need of non-arthroplasty management of knee osteoarthritis. Indications are most often parameters observable by the clinician, including symptoms or results of diagnostic tests.

Additionally, “human factor” (e.g., activity level) or demographic variables can be considered.

FIGURE 1. DEVELOPING CRITERIA



Indications identified in clinical trials, derived from patient selection criteria, included in AAOS Clinical Practice Guidelines (<https://www.orthoguidelines.org/topic?id=1035>) served as a starting point for the writing panel, as well as ensured that these AUCs referenced the evidence base for this topic. The writing panel considered this initial list and other indications based on their clinical expertise and selected the most clinically relevant indications. The writing panel then

defined distinct classes for each indication to stratify/categorize the indication.

The writing panel organized these indications into a matrix of clinical scenarios that addressed all combinations of the classifications. The writing panel was given the opportunity to remove any scenarios that rarely occur in clinical practice but agreed that all scenarios were clinically relevant. The major clinical decision-making indications chosen by the

writing panel divided the matrix of clinical scenarios into chapters, as follows: Function-Limiting Pain, Pattern of Arthritic Involvement, Imaging and Range of Motion, Mechanical Symptoms Compatible with Meniscal Tear or Loose Body, and Age (Including Patient Activity Level and Physiologic Status).

CREATING DEFINITIONS AND ASSUMPTIONS

The OAK AUC writing panel constructed concise and explicit definitions for the indications and classifications. This standardization helps ensure that the way the writing panel defined the patient indications is consistent among those reading the clinical scenario matrix or the final criteria. Definitions create explicit boundaries when possible and are based on standard medical practice or existing literature.

Additionally, the writing panel formulated a list of general assumptions in order to provide more consistent interpretations of a scenario. These assumptions differed from definitions in that they identified circumstances that exist outside of the control of the clinical decision-making process. Assumptions also address the use of existing published literature regarding the effectiveness of treatment and/or the procedural skill level of physicians. Assumptions also highlight intrinsic methods described in this document such as the role of cost considerations in rating appropriateness, or the validity of the definition of appropriateness. The main goal of assumptions is to focus scenarios so that they apply to the average patient presenting to an average physician at an average facility.

The definitions and assumptions should provide all readers with a common starting point in interpreting the clinical scenarios. The list of definitions and assumptions accompanied the matrix of clinical scenarios in all stages of AUC development and appears in the Writing Panel section of this document.

LITERATURE REVIEW

The Clinical Practice Guideline on the Management of Osteoarthritis of the Knee (Non-Arthroplasty), was used as the evidence base for this AUC (see here: <https://www.orthoguidelines.org/topic?id=1035>). This guideline helped to inform the decisions of the writing panel and voting panel where available and necessary.

VOTING PANEL MODIFICATIONS TO WRITING PANEL DOCUMENT

At the start of the voting panel meeting, the voting panel was reminded that they could amend the original writing panel materials if the amendments resulted in more clinically relevant and practical criteria. To amend the original materials, instructed voting panel member must make a motion to amend and another member must “second” that motion, after which a vote is conducted. If the majority of voting panel members voted “yes” to amend the original materials, the amendments were accepted.

DETERMINING APPROPRIATENESS

VOTING PANEL

As mentioned above, a multidisciplinary panel of clinicians was assembled to determine the appropriateness of treatments for the non-arthroplasty management of OAK AUC. Two non-voting moderators, who are orthopaedic surgeons, moderated the voting panel. The moderators were familiar with the methods and procedures of AAOS Appropriate Use Criteria and led the panel (as non-voters) in discussions. Additionally, no member of the voting panel was involved in the development, i.e., writing panel, of the scenarios.

The voting panel used a modified Delphi procedure to determine appropriateness ratings. The voting panel participated in two rounds of voting while considering evidence-based information provided in the literature review.

RATING APPROPRIATENESS

When rating the appropriateness of a scenario, the voting panel considered the following definition:

“An appropriate procedural step for a patient with OA of the Knee is one for which the procedure **is** generally acceptable, **is** a reasonable approach for the indication, and **is**

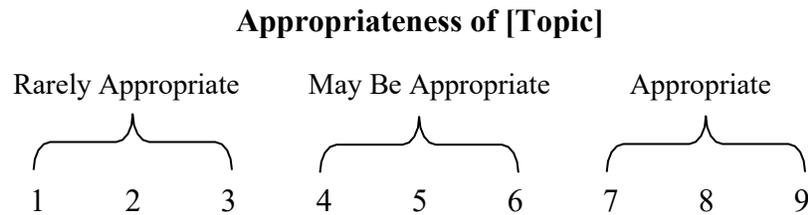
likely to improve the patient’s health outcomes or survival.”

The voting panel rated each scenario using their best clinical judgment, taking into consideration the available evidence, for an average patient presenting to an average physician at an average facility as follows:

FIGURE 2. INTERPRETING THE 9-POINT APPROPRIATENESS SCALE

Rating	Explanation
7-9	Appropriate: Appropriate for the indication provided, meaning treatment is generally acceptable and is a reasonable approach for the indication and is likely to improve the patient’s health outcomes or survival.
4-6	May Be Appropriate: Uncertain for the indication provided, meaning treatment may be acceptable and may be a reasonable approach for the indication, but with uncertainty implying that more research and/or patient information is needed to further classify the indication.
1-3	Rarely Appropriate: Rarely an appropriate option for management of patients in this population due to the lack of a clear benefit/risk advantage; rarely an effective option for individual care plans; exceptions should have documentation of the clinical reasons for proceeding with this care option (i.e., procedure is not generally acceptable and is not generally reasonable for the indication).

Each panelist uses the scale below to record their response for each scenario:



ROUND ONE VOTING

The first round of voting occurred after approval of the final indications, scenarios, and assumptions by the writing panel. The voting panel rated the scenarios electronically using the AAOS AUC Electronic Ballot Tool, a personalized ballot created by AAOS staff. There was no interaction between voting panel members while completing the first round of voting. Panelists considered the following materials:

- The instructions for rating appropriateness
- The completed literature review, that is appropriately referenced when evidence is available for a scenario
- The list of indications, definitions, and assumptions, to ensure consistency in the interpretation of the clinical scenarios

ROUND TWO VOTING

The second round of voting occurred after the virtual voting panel meeting on July 17th, 2022. Prior to the meeting, each voting panelist received a personalized document that included his/her first-round ratings along with summarized results of the first-round ratings that resulted in disagreement. These results indicated the frequency of ratings for a scenario for all panelists. The document contained no identifying information for other panelists' ratings. The moderator also used a document that summarized the results of the panelists' first round voting. These personalized documents served as the basis for discussions of scenarios which resulted in disagreement.

During the discussion, the voting panel members were allowed to add or edit the assumptions list, patient indications, and/or treatments if clarification was needed. Voting panel members were also able to record a new rating for any scenarios/treatments, if they were persuaded to do so by the discussion and/or the evidence. There was no attempt to obtain consensus among the panel members. After the final ratings were submitted, AAOS staff used the AAOS AUC Electronic Ballot Tool to export the median values and level of agreement for all voting items.

FINAL RATINGS

Using the median value of the second-round ratings, AAOS staff determined the final levels of appropriateness. Disagreement among raters can affect the final rating. Agreement and disagreement were determined using the BIOMED definitions of Agreement and Disagreement, as reported in the RAND/UCLA Appropriate Method User's Manual¹, for a panel of 8-10 voting members (see Figure 3 below). The 8-10 panel member disagreement cutoff was used for this voting panel. For this panel size, disagreement is defined as when ≥ 3 members' appropriateness ratings fell within the appropriate (7-9) and rarely appropriate (1-3) ranges for any scenario (i.e., ≥ 3 members' ratings fell between 1-3 and ≥ 3 members' ratings fell between 7-9 on any given scenario and its treatment). If there is still disagreement in the voting panel ratings after the last round of voting, that voting item is labeled as "5" regardless of median score. Agreement is defined as ≤ 2 panelists rated outside of the 3-point range containing the median.

FIGURE 3. DEFINING AGREEMENT AND DISAGREEMENT FOR APPROPRIATENESS RATINGS

Panel Size	<u>Disagreement</u>	<u>Agreement</u>
	Number of panelists rating in each extreme (1-3 and 7-9)	Number of panelists rating outside the 3-point region containing the median (1-3, 4-6, 7-9)
8,9,10	≥ 3	≤ 2
11,12,13	≥ 4	≤ 3
14,15,16	≥ 5	≤ 4
17,18,19	≥ 6	≤ 5

Adapted from RAM 1

The classifications in the table below determined final levels of appropriateness.

FIGURE 4. INTERPRETING FINAL RATINGS OF CRITERIA

Level of Appropriateness	Description
Appropriate	<ul style="list-style-type: none"> • Median panel rating between 7-9 and no disagreement
May Be Appropriate	<ul style="list-style-type: none"> • Median panel rating between 4-6 or • Median panel rating 1-9 with disagreement
Rarely Appropriate	<ul style="list-style-type: none"> • Median panel rating between 1-3 and no disagreement

REVISION PLANS

These criteria represent a cross-sectional view of current methods for management of osteoarthritis of the knee and may become outdated as new evidence becomes available or clinical decision-making indicators are improved. In accordance with guideline and appropriate use criteria standards, AAOS will update or withdraw these criteria in five years. AAOS will issue updates in accordance with new evidence, changing practice, rapidly emerging treatment options, and new technology.

DISSEMINATING APPROPRIATE USE CRITERIA



All AAOS AUCs can be accessed via a user-friendly app that is available via the OrthoGuidelines website (www.orthoguidelines.org/auc) or as a native app via the Apple and Google Play stores.

Publication of the AUC document is on the AAOS website at <https://www.aaos.org/quality/quality-programs/>. This document provides interested readers with full documentation about the development of Appropriate Use Criteria and further details of the criteria ratings.

AUCs are first announced by an Academy press release and then published on the AAOS website. AUC summaries are published in *AAOS Now* and the *Journal of the American Academy of Orthopaedic Surgeons (JAAOS)*. AUCs may also be promoted via JAAOS' Unplugged podcast. In addition, most appropriate use criteria are promoted at the AAOS Annual Meeting in the Resource Center.

The dissemination efforts of AUCs may include the AAOS Learning Management Systems (LMS), AAOS' Education by Specialty Area pages, webinars, and media briefings. In addition, AUCs are also promoted in relevant Continuing Medical Education (CME) courses. Specialty Societies that participated in the development of the AUC are invited to endorse the AUC and share the links to the online tool and full AUC pdf to their membership via their websites.

Other dissemination efforts outside of the AAOS include submitting AUCs to the Guidelines International Network and to other medical specialty societies' meetings.

ASSUMPTIONS & DISCLAIMER

Before these appropriate use criteria are consulted, it is assumed that:

1. The physician has an informed discussion with the patient about the treatment options and that the optimum treatment options may change over time for the patient. Before operative intervention is recommended, the appropriateness and potential efficacy of non-operative intervention has been considered.
2. The clinician knows the contraindications to the utilization of certain medications and anesthetics or important surgical contraindications to operative interventions.
3. Prescription of narcotic medicine for refractory pain (oral or transcutaneous opioids) should be monitored, intermittent or low dose in conjunction with other therapies
4. The patient has a diagnosis of osteoarthritis of the knee.
5. The patient is symptomatic including pain, instability, stiffness, quadriceps weakness and/or atrophy, and/or deformity that leads to loss of function.
6. The patient's symptoms are consistent with the history, physical exam, and imaging findings.
7. The imaging findings are consistent with early, mild, moderate, or severe osteoarthritis.
8. AP and/or PA Flexion weight-bearing (Either AP or PA flexion), lateral, and/or patellar view radiographs are obtained.
9. If a patient has a BMI \geq 30, discussion of and/or referral for weight loss and nutritional counseling is strongly recommended.
10. The physical examination, history, and imaging studies have excluded the following potential causes of knee pain:
 - Referred pain from the spine
 - Ipsilateral hip arthritis
 - Ankle/foot deformity
 - Vascular disease (arterial or venous)
 - Non-articular causes of knee pain including soft-tissue disorders
 - Neoplasm
 - Neuropathy
 - Stress fractures, insufficiency fracture, osteonecrosis, or symptomatic metabolic bone disease
 - Confirmed inflammatory disorders
11. At the time of the development of these appropriate use criteria, serotonin inhibition therapies were not part of the guideline and were not part of the data analyzed. Therefore, they were not considered as a treatment
12. There will be patients for whom arthroplasty may be the most appropriate treatment, but the use of arthroplasty was not considered in these appropriate use criteria.

CONDITIONS AND TREATMENTS NOT COVERED IN THIS AUC

1. Inflammatory disorders that are the likely cause of the knee pain.
2. Asymptomatic patients
3. Growth factor or stem cell injections
4. Hyaluronic Acid – Lack of evidence to identify subgroups of patients for which HA is appropriate treatment
5. Tramadol and other narcotic medications

PATIENT POPULATION

This AUC is intended for use with adults (ages 19 years and older) who have been diagnosed by a physician with symptomatic osteoarthritis of the knee and are undergoing treatment.

SCOPE

The scope of these appropriate use criteria includes nonpharmacologic and pharmacologic interventions for symptomatic osteoarthritis of the knee as well as operative procedures less invasive than knee replacement (arthroplasty). It does not provide recommendations for patients diagnosed with rheumatoid arthritis, osteoarthritis of other joints, or other inflammatory arthropathies.

DISCLAIMER

Volunteer physicians from multiple medical specialties created and categorized these Appropriate Use Criteria. These Appropriate Use Criteria are not intended to be comprehensive or a fixed protocol, as some patients may require more or less treatment or different means of diagnosis. These Appropriate Use Criteria represent patients and situations that clinicians treating or diagnosing musculoskeletal conditions are most likely to encounter. The clinician's independent medical judgment, given the individual patient's clinical circumstances, should always determine patient care and treatment. Practitioners are advised to consider management options in the context of their own training and background and institutional capabilities when selecting recommended treatment options.

INDICATIONS

PATIENT INDICATIONS AND CLASSIFICATIONS

- **Function-Limiting Pain**
 - a. Function-Limiting Pain that is Intermittent and Predictable
 - b. Function-Limiting Pain that is Constant
 - c. Function-Limiting Pain that is Constant with Intense Intermittent unpredictable Episodes.
- **Pattern of Arthritic Involvement**
 - a. Arthritic Involvement Predominantly in One Weight Bearing Compartment
 - b. Arthritic Involvement Predominantly in Two or Three Compartments
 - c. Arthritic Involvement Isolated in Patellofemoral Compartment
- **Imaging (joint space most involved compartment) and Range of Motion**
 - a. Minimal Joint Space Narrowing (KL 0-1)
 - b. Mild to Moderate Joint Space Narrowing (KL 2-3) *with full range of extension/flexion*
 - c. Mild to Moderate Joint Space Narrowing (KL 2-3) *with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees)*
 - d. Severe Joint Space Narrowing (KL 4)
- **Mechanical Symptoms Compatible with Meniscal Tear or Loose Body?**
 - a. Mechanical Symptoms Present
 - b. Mechanical Symptoms Absent
- **Age (Including Patient Activity Level and Physiologic Status)**
 - a. Young
 - b. Middle-Aged
 - c. Elderly

TREATMENTS

1. Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)
2. Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)
3. Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)
4. NSAID or Acetaminophen
5. Intraarticular Corticosteroids
6. Arthroscopic Partial Meniscectomy or Shaving
7. Platelet Rich Plasma (PRP)

RESULTS OF APPROPRIATENESS RATINGS

For a user-friendly version of these appropriate use criteria, please access our AUC web-based application at www.orthoguidelines.org/auc. The OrthoGuidelines native app can also be downloaded via the Apple or Google Play stores.

Web-Based AUC Application Screenshot



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[Guideline](#)

APPROPRIATE USE CRITERIA: MANAGEMENT OF OSTEOARTHRITIS OF THE KNEE (NON-ARTHROPLASTY) AUC (2022)

INDICATION PROFILE	PROCEDURE RECOMMENDATIONS																					
<div style="border: 1px solid #ccc; padding: 5px;"> <p>Function-Limiting Pain i</p> <p><input checked="" type="radio"/> Function-Limiting Pain that is intermittent and predictable</p> <p><input type="radio"/> Function-Limiting Pain that is constant</p> <p><input type="radio"/> Function-Limiting Pain that is constant with intense intermittent unpredictable episodes</p> </div> <div style="border: 1px solid #ccc; padding: 5px; margin-top: 5px;"> <p>Pattern of Arthritic Involvement</p> <p><input checked="" type="radio"/> Arthritic Involvement predominantly in one weight bearing compartment</p> <p><input type="radio"/> Arthritic Involvement predominantly in two or three compartments</p> <p><input type="radio"/> Arthritic Involvement isolated in patellofemoral compartment</p> </div> <div style="border: 1px solid #ccc; padding: 5px; margin-top: 5px;"> <p>Imaging (Joint Space Most Involved Compartment) and Range of Motion</p> <p><input checked="" type="radio"/> Minimal Joint Space Narrowing (KL 0-1)</p> <p><input type="radio"/> Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion</p> <p><input type="radio"/> Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees)</p> <p><input type="radio"/> Severe Joint Space Narrowing (KL 4)</p> </div> <div style="border: 1px solid #ccc; padding: 5px; margin-top: 5px;"> <p>Mechanical Symptoms Compatible with Meniscal Tear or Loose Body</p> <p><input checked="" type="radio"/> Mechanical Symptoms Present</p> <p><input type="radio"/> Mechanical Symptoms Absent</p> </div> <div style="border: 1px solid #ccc; padding: 5px; margin-top: 5px;"> <p>Age (Including Patient Activity Level and Physiologic Status)</p> <p><input checked="" type="radio"/> Young</p> <p><input type="radio"/> Middle-Aged</p> <p><input type="radio"/> Elderly</p> </div>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; color: green; font-size: 24px;">✓</td> <td style="padding: 5px;"> Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking) </td> <td style="text-align: right; vertical-align: bottom;">+ 8</td> </tr> <tr> <td style="text-align: center; color: green; font-size: 24px;">✓</td> <td style="padding: 5px;"> Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.) </td> <td style="text-align: right; vertical-align: bottom;">8</td> </tr> <tr> <td style="text-align: center; color: green; font-size: 24px;">✓</td> <td style="padding: 5px;"> Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker) </td> <td style="text-align: right; vertical-align: bottom;">7</td> </tr> <tr> <td style="text-align: center; color: green; font-size: 24px;">✓</td> <td style="padding: 5px;"> NSAID or Acetaminophen </td> <td style="text-align: right; vertical-align: bottom;">8</td> </tr> <tr> <td style="text-align: center; color: green; font-size: 24px;">✓</td> <td style="padding: 5px;"> Arthroscopic Partial Meniscectomy or Shaving </td> <td style="text-align: right; vertical-align: bottom;">7</td> </tr> <tr> <td style="text-align: center; color: orange; font-size: 24px;">!</td> <td style="padding: 5px;"> Intraarticular Corticosteroids </td> <td style="text-align: right; vertical-align: bottom;">6</td> </tr> <tr> <td style="text-align: center; color: red; font-size: 24px;">✗</td> <td style="padding: 5px;"> PRP </td> <td style="text-align: right; vertical-align: bottom;">3</td> </tr> </table>	✓	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	+ 8	✓	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	8	✓	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	7	✓	NSAID or Acetaminophen	8	✓	Arthroscopic Partial Meniscectomy or Shaving	7	!	Intraarticular Corticosteroids	6	✗	PRP	3
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!	Intraarticular Corticosteroids	6																				
✗	PRP	3																				
Submit ➔	E-mail Results Print ➔ Copy																					

RESULTS

The following Appropriate Use Criteria tables contain the final appropriateness ratings assigned by the members of the voting panel. Patient characteristics are found under the column titled "Scenario". The Appropriate Use Criteria for each patient scenario can be found within each of the treatment rows. These criteria are formatted by appropriateness, median rating, and + or - indicating agreement or disagreement amongst the voting panel, respectively.

Out of 1512 total voting items, 1063 (70%) voting items were rated as "Appropriate", 105 (7%) voting items were rated as "May Be Appropriate", and 344 (23%) voting items were rated as "Rarely Appropriate" (Figure 5). Additionally, the voting panel members were in statistical agreement on 877 (58%) voting items and statistical disagreement on 16 (1%) voting items (Figure 6).

FIGURE 5. BREAKDOWN OF APPROPRIATENESS RATINGS

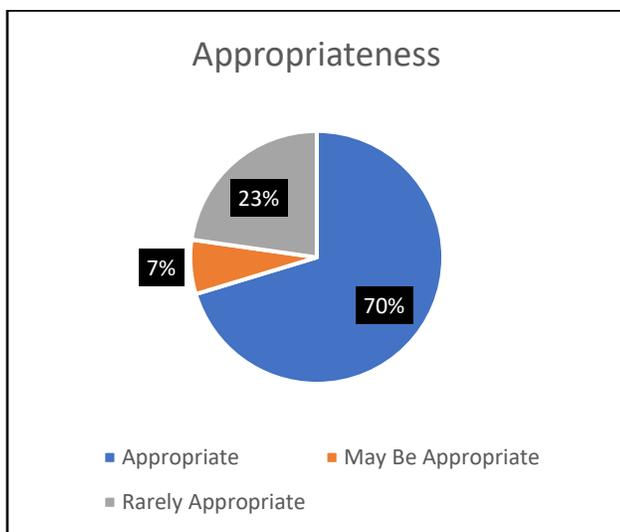


FIGURE 6. BREAKDOWN OF AGREEMENT AMONGST VOTING PANEL

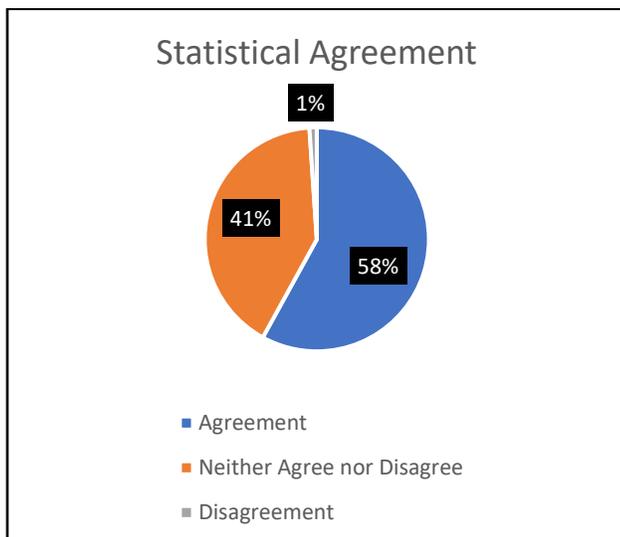
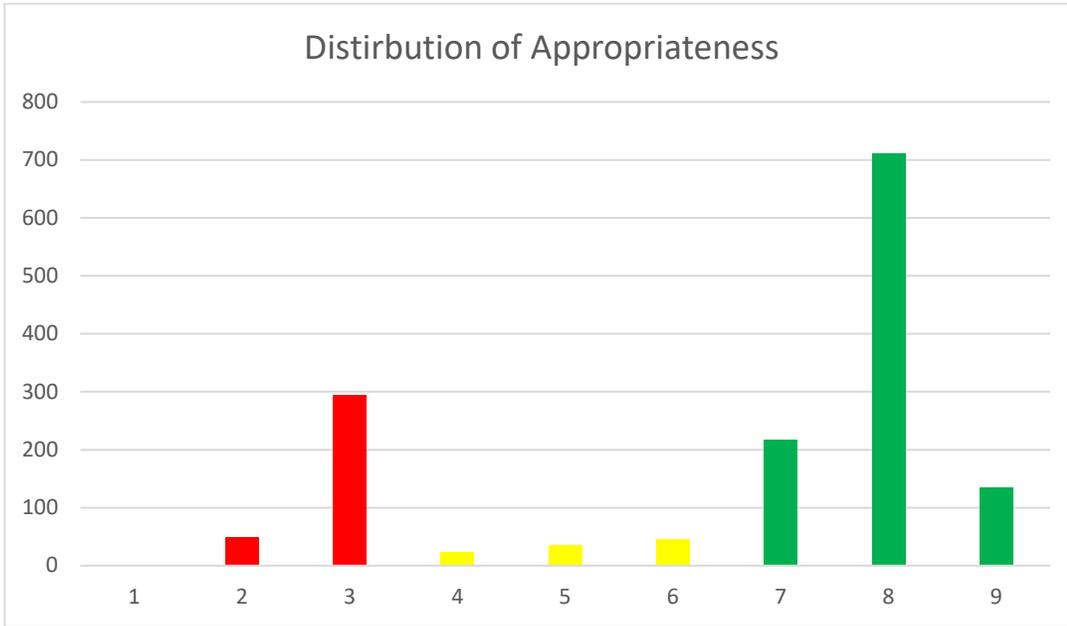


FIGURE 7. DISTRIBUTION OF APPROPRIATENESS ON 9-POINT RATING SCALE



APPROPRIATENESS RATINGS BY PATIENT SCENARIO

Interpreting the AUC tables:

- Each procedure contains the appropriateness (i.e., appropriate, may be appropriate, or rarely appropriate) for each patient scenario, followed by the median panel rating, and the panel's agreement represented by "+", or disagreement represented by "-", in parentheses.

Patient Indications	Treatment	Appropriateness Rating
Scenario 1: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	May Be Appropriate (6)
	Arthroscopic Partial Meniscectomy or Shaving	Appropriate (7)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 2: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)

	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	Appropriate (7)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 3: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 4: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (5)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	May Be Appropriate (6)

	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 5: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (7)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (9)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 6: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)

Patient Indications	Treatment	Appropriateness Rating
Scenario 7: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Young	PRP	Rarely Appropriate (3, +)
	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (7)
	Arthroscopic Partial Meniscectomy or Shaving	Appropriate (7)
PRP	Rarely Appropriate (3)	
Patient Indications	Treatment	Appropriateness Rating
Scenario 8: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (9)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5, -)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 9: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (4)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 10: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (7)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 11: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 12: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 13: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (7)
	Arthroscopic Partial Meniscectomy or Shaving	Appropriate (7)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 14: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (9)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (6)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 15: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (4)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 16: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (7)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 17: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (9)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 18: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 19: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (4)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 20: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 21: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 22: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (4)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 23: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (9)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 24: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in one weight bearing compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 25: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (7)
	Arthroscopic Partial Meniscectomy or Shaving	Appropriate (7)
	PRP	Rarely Appropriate (3)
	Patient Indications	Treatment
Scenario 26: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	Appropriate (7)
	PRP	Rarely Appropriate (3)
	Patient Indications	Treatment

Scenario 27: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 28: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	May Be Appropriate (6)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 29: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (9)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 30: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 31: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (7)
	Arthroscopic Partial Meniscectomy or Shaving	Appropriate (7)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 32: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 33: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (4)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 34: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (7)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 35: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 36: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 37: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	Appropriate (7)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 38: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (9)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 39: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 40: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 41: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (9)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 42: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 43: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (4)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 44: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 45: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 46: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (9)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 47: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (9)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 48: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement predominantly in two or three compartments, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 49: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (7)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (6)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 50: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (6)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 51: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 52: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (7)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 53: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 54: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 55: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 56: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 57: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (4)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 58: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 59: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 60: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 61: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (6)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 62: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (9)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5, -)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 63: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 64: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 65: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (9)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 66: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 67: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (4)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 68: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 69: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 70: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 71: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (9)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 72: Function-Limiting Pain that is intermittent and predictable, Arthritic Involvement isolated in patellofemoral compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 73: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	May Be Appropriate (5)
	Arthroscopic Partial Meniscectomy or Shaving	Appropriate (7)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 74: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Appropriate (7, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 75: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (6)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 76: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (7)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (4)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 77: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 78: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 79: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	Appropriate (7)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 80: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5, -)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 81: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 82: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 83: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 84: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 85: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5, -)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 86: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5, -)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 87: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (4)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 88: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 89: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 90: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 91: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 92: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 93: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 94: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 95: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 96: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in one weight bearing compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 97: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	May Be Appropriate (6)
	Arthroscopic Partial Meniscectomy or Shaving	Appropriate (7, +)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 98: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Appropriate (7, +)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 99: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 100: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 101: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 102: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 103: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (7)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (6)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 104: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5, -)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 105: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (4)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 106: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 107: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 108: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 109: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	Appropriate (7)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 110: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5, -)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 111: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (4)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 112: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 113: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 114: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 115: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (4)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 116: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 117: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (8)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 118: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 119: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 120: Function-Limiting Pain that is constant, Arthritic Involvement predominantly in two or three compartments, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 121: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	May Be Appropriate (6)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	May Be Appropriate (6)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (6)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 122: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Appropriate (7)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 123: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 124: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (7, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (4)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 125: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 126: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 127: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (7)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 128: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5, -)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 129: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 130: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 131: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 132: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 133: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (6)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 134: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 135: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (4)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 136: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 137: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 138: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 139: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (7)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (4)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 140: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 141: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (8)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (1, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 142: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 143: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 144: Function-Limiting Pain that is constant, Arthritic Involvement isolated in patellofemoral compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 145: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	Appropriate (7, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 146: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Appropriate (7, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 147: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7, +)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 148: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (4)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 149: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 150: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7, +)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 151: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (6)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 152: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5, -)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 153: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7, +)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (4)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 154: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 155: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 156: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7, +)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 157: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5, -)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 158: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5, -)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 159: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7, +)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (4)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 160: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 161: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 162: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7, +)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 163: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 164: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 165: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 166: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 167: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 168: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in one weight bearing compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7, +)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 169: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	Appropriate (7)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 170: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Appropriate (7, +)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 171: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7, +)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 172: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 173: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 174: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7, +)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 175: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 176: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5, -)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 177: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7, +)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (4)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 178: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 179: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 180: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7, +)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 181: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5, -)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 182: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5, -)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 183: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7, +)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (4)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 184: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 185: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 186: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7, +)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 187: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 188: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 189: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (8, +)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 190: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 191: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 192: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement predominantly in two or three compartments, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7, +)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 193: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (7)
	Arthroscopic Partial Meniscectomy or Shaving	Appropriate (7, +)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 194: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Appropriate (7)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 195: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7, +)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 196: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 197: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 198: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Minimal Joint Space Narrowing (KL 0-1), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7, +)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 199: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (6)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 200: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5, -)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 201: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7, +)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (4)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 202: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 203: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 204: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with full range of extension/flexion, Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7, +)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 205: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating
Scenario 206: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (5, -)
	PRP	Rarely Appropriate (3)
Patient Indications	Treatment	Appropriateness Rating

Scenario 207: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7, +)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	May Be Appropriate (4)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 208: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 209: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 210: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Mild to Moderate Joint Space Narrowing (KL 2-3) with lack of full range of extension (> 5-degree flexion contracture) and/or flexion (< 110 degrees), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (9, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7, +)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 211: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 212: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 213: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Present, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (8, +)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 214: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Young	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (3)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating

Scenario 215: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Middle-Aged	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (9, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)
Patient Indications	Treatment	Appropriateness Rating
Scenario 216: Function-Limiting Pain that is constant with intense intermittent unpredictable episodes, Arthritic Involvement isolated in patellofemoral compartment, Severe Joint Space Narrowing (KL 4), Mechanical Symptoms Absent, Elderly	Self-Management Programs (unsupervised exercise, tai chi, weight loss, aerobic walking)	Appropriate (8, +)
	Prescribed Physical Therapy (Supervised Exercise, manual therapy, neuromuscular training, etc.)	Appropriate (8, +)
	Hinged Knee Brace and/or Unloading Brace, Assistive Devices (e.g., cane, walker)	Appropriate (7, +)
	NSAID or Acetaminophen	Appropriate (8, +)
	Intraarticular Corticosteroids	Appropriate (8, +)
	Arthroscopic Partial Meniscectomy or Shaving	Rarely Appropriate (2, +)
	PRP	Rarely Appropriate (3, +)

APPENDICES

APPENDIX A. DOCUMENTATION OF APPROVAL

AAOS BODIES THAT APPROVED THIS APPROPRIATE USE CRITERIA

Evidence-Based Quality and Value Committee: Approved on 08/12/2022

The AAOS Committee on Evidence Based Quality and Value consists of 19 AAOS members. The overall purpose of this committee is to plan, organize, direct, and evaluate initiatives related to Clinical Practice Guidelines, Appropriate Use Criteria, and Quality Measures.

Council on Research and Quality: Approved on 08/12/2022

To enhance the mission of the AAOS, the Council on Research and Quality promotes the most ethically and scientifically sound basic, clinical, and translational research possible to ensure the future care for patients with musculoskeletal disorders. The Council also serves as the primary resource to educate its members, the public, and public policy makers regarding evidenced-based medical practice, orthopaedic devices and biologics regulatory pathways and standards development, patient safety, and other related areas of importance.

Board of Directors: Approved on 09/11/2022

The 16 member AAOS Board of Directors manages the affairs of the AAOS, sets policy, and determines and continually reassesses the Strategic Plan.

APPENDIX B. DISCLOSURE INFORMATION

OAK AUC WRITING PANEL MEMBER DISCLOSURES

Elizaveta Kon, MD

Biovixx: Paid consultant (\$0) No(Self)
BMC Musculoskeletal Disorders: Editorial or governing board (\$0)
Cartiheal: Research support (\$0) N(Self)
Cartiheal (Israel): Paid consultant (\$0)
Cartiheal (Israel): Stock or stock Options Number of Shares: 0
Fidia (Italy): Paid presenter or speaker (\$0) Number of Presentations: 0
Fidia Farmaceutici: Research support (\$0) No(Self)
Geistlich Biosurgery: Paid consultant (\$0) No(Self)
Green bone (Italy): Paid consultant (\$0)
International Cartilage Repair Society: Board or committee member (\$0)
International Orthopaedics: Editorial or governing board (\$0)
Journal of Experimental Orthopedics: Editorial or governing board (\$0)
Mastelli: Research support (\$0) No(Self)
SIAGASCOT: Board or committee member (\$0) Italy (Self)
Zimmer: Paid presenter or speaker (\$5,000) Number of Presentations: 3 Zimmer (Self)
Zimmer: Research support (\$0) No(Self)

James Hurt, MD, FAAOS

Arthroscopy Association of North America: Board or committee member (\$0)
Smith & Nephew: Paid consultant (\$0)

Mujeeb Ashraf, MS, FRCS

This individual reported nothing to disclose.

Nicholas B. Frisch, MD, MBA, FAAOS

Advanced Orthopaedic Specialties: Stock or stock Options Number of Shares: 0
American Association of Hip and Knee Surgeons: Board or committee member (\$0)
Don Joy: Research support (\$0)
PeerWell: Stock or stock Options Number of Shares: 0
Smithfield Surgical Partners: Stock or stock Options Number of Shares: 0
Zimmer: Paid presenter or speaker (\$0) Number of Presentations: 0
Zimmer: Paid consultant (\$0)
Zimmer: Research support (\$0)

Adam S. Olsen, MD

AAOS: Board or committee member (\$0) AJRR Young Physicians Committee(Self)
American Association of Hip and Knee Surgeons: Board or committee member (\$0) Women in Arthroplasty Committee(Self)

Annalisa Na, PhD, PT, DPT

This individual reported nothing to disclose.

Daniel White, PT, ScD, MSc

Rheumatology Research Foundation and the Academy of Orthopaedic Physical Therapy: Board or committee member

Stuart Fischer, MD, FAAOS

AAOS: Board or committee member; Board or committee member; Board or committee member; Board or committee member; Board or committee member (\$0) Membership Council(Self)

AAOS Now: Editorial or governing board (\$0) Editorial Board(Self)

AAOS OrthoInfo: Editorial or governing board (\$40,000) Editor-in-Chief(Self)

American Association of Hip and Knee Surgeons: Board or committee member (\$0) Patient and Public Relations

Committee(Self)

Bristol-Myers Squibb: Stock or stock Options Number of Shares: 100 Stock(Self)

Johnson & Johnson: Stock or stock Options Number of Shares: 100 Stock(Self)

Jones and Bartlett Publishers Sudbury, MA: Publishing royalties, financial or material support (\$1,000) Author

Royalties - "100 Questions and Answers About Hip Replacement" published 2010

Merck: Stock or stock Options Number of Shares: 100 Stock(Self)

New Jersey Orthopedic Society: Board or committee member (\$0) Board of Directors(Self)

NJ MLIPA: Board or committee member (\$0) Past President(Self)

NJOS: Board or committee member (\$0) Past President(Self)

Orthopedic Surgeons of New Jersey: Board or committee member (\$0) Past President(Self)

Pfizer: Stock or stock Options Number of Shares: 100 Stock(Self)

Andrew Ryan, MD, FAAOS

This individual reported nothing to disclose.

OAK AUC VOTING PANEL MEMBER DISCLOSURES

Chad Lavender, MD

Arthrex, Inc: Paid presenter or speaker (\$0) Number of Presentations: 0
Arthrex, Inc: Paid consultant (\$0)
Arthrex, Inc: Research support (\$0)

Heidi Kosakowski, PhD, PT, DPT

This individual reported nothing to disclose.

Anita Bemis-Dougherty, PT, DPT, MAS

This individual reported nothing to disclose.

Ajay Srivastava, MD, FAAOS

AAOS: Board or committee member (\$0) EBQV Committee(Self)
AAHKS: EBM committee

Savyasachi Chandrashekhar Thakkar, MD

American Association of Hip and Knee Surgeons: Board or committee member (\$0)
Arthroplasty Today: Editorial or governing board (\$0)
Journal of Arthroplasty: Editorial or governing board (\$0)
KCI: Unpaid consultant Prevena application to arthroplasty incisions(Self)
OrthAlign: Unpaid consultant Feedback on hip and knee navigation(Self)

Aaron M. Chamberlain, MD, FAAOS

AAOS: Board or committee member (\$0) Evidence-Based Quality and Value(Self)
American Shoulder and Elbow Surgeons: Board or committee member (\$0) Fellowship Committee(Self)
Arthrex, Inc: Paid consultant (\$0)
Johnson & Johnson: Paid consultant (\$51,575) DePuy/Mitek(Self)
Zimmer: Research support (\$0)

Bernard Kemker, MD

This individual reported nothing to disclose.

Andrew Bush, MD, FAAOS

Stryker: Stock or stock Options Number of Shares: 200 Paciris(Self)

Vithal Shendge, MD

This individual reported nothing to disclose.

Rupesh Tarwala, MD

This individual reported nothing to disclose.

APPENDIX C. REFERENCES

1. Fitch K, Bernstein SJ, Aguilar MD et al. *The RAND/UCLA Appropriateness Method User's Manual*. Santa Monica, CA: RAND Corporation; 2001.
2. American Academy of Orthopaedic Surgeons Management of Osteoarthritis of the Knee (Non-Arthroplasty) Evidence-Based Clinical Practice Guideline (3rd Edition). <https://www.aaos.org/oak3cpg> Published August 31, 2021.

External Endorsements

October 31, 2022

Kaitlyn S. Servarino, MBA, CAE
Director
Department of Clinical Quality and Value
AAOS
9400 West Higgins Road
Rosemont, IL 60018

Dear Kaitlyn:

The Advocacy Committee of the Arthroscopy Association of North American has agreed to support the AAOS Appropriate Use Criteria for the Management of Osteoarthritis of the Knee (non-arthroplasty). We are giving AAOS permission to officially list AANA as a supporter of this clinical practice guideline and reprint our logo in the introductory section of the clinical practice guideline review document.

Sincerely,



Laura M. Downes, CAE
Chief Executive Officer



OFFICE: 847.698.1200 • FAX: 847.698.0704 • WEB: aaahks.org
9400 W. Higgins Road, Suite 230 • Rosemont, IL 60018-4374

November 1, 2022

Kaitlyn S. Sevarino, MBA, CAE
Director, Department of Clinical Quality and Value

Dear Ms. Sevarino:

AAHKS has voted to endorse the AAOS Appropriate Use Criteria for the Management of Osteoarthritis of the Knee (Non-Arthroplasty). This endorsement implies permission for the AAOS to officially list our organization as an endorser of this clinical practice guideline and reprint our logo in the introductory section of the clinical practice guideline review document.

Sincerely,

A handwritten signature in black ink, appearing to read "B.D.S.", is written over a light blue horizontal line.

Bryan D. Springer, MD
President, AAHKS