
Knee Pain Treatments

Osteoarthritis can be managed successfully.

The most beneficial treatments are exercise, weight loss (if you need to) and medication. In some cases, surgery may be suitable.



Exercise. Regular exercise helps reduce symptoms (e.g. pain, stiffness). It improves knee mobility and muscle strength. But, starting exercise with sore knees can be hard. That's why [My Knee Exercise](#) was designed – to help people with painful knees start exercise safely.

Some other ways to manage knee pain include:



Education. Learn about knee osteoarthritis. Read the information provided in [My Knee Education](#) to better understand knee pain and exercise. You might like to visit other websites for more information. See the list at the bottom of this page.



Weight management. Controlling weight (if needed) is important. Speak with your doctor for advice on safe weight loss strategies.



Medication. Pain-relieving medication can help. Speak with your doctor to find out what medication might work for you.



Relaxation techniques. Techniques to try include meditation and mindfulness. They can help manage pain. They can also help with emotions. Worry, fear, anxiety, even anger are all common things to feel when you've had pain for a long time.



Knee braces and orthotics. Some people find these useful. Seek advice from a physiotherapist or podiatrist for more information.



Surgery. If knee osteoarthritis is advanced and symptoms can no longer be tolerated surgery is an option. The knee joint can be replaced with an artificial joint.

Watch the video to hear from knee pain experts and people with persistent knee pain. Here they discuss important knee pain treatments.

<http://mykneeexercise.org.au/my-knee-education/>

Want to find out more? Visit other useful sites.

<http://www.arthritisaustralia.com.au/>

<https://www.betterhealth.vic.gov.au/>

<https://www.msk.org.au/>

