

## Current Treatments for Knee Osteoarthritis\*

- No good option on preventing KOA progression

No.	Treatment of Knee Osteoarthritis	Recommendations
1	Aerobic Exercises, Physical Activity	Recommend Strongly
2	Nonsteroidal Anti-inflammatory Drugs	Recommend Strongly
3	Weight Loss (BMI $\geq$ 25)	Recommend Moderately
4	Electrotherapeutic	Inconclusive
5	Valgus-producing Proximal Tibial Osteotomy	Limited
6	Manual Therapy	Inconclusive
7	Valgus-directing Force Brace	Inconclusive
8	Acetaminophen and Opioids	Inconclusive
9	Intra-articular Corticosteroids	Inconclusive
10	Intra-articular Growth Factor and/or PRP	Inconclusive
11	Arthroscopic Partial Meniscectomy	Inconclusive
12	Lateral Wedge Insoles	Not Recommend Moderately
13	Needle Lavage	Not Recommend Moderately
14	Glucosamine and Chondroitin	Not Recommend Strongly
15	Intra-articular Hyaluronic Acid	Not Recommend Strongly
16	Arthroscopy with Lavage and/or Debridement	Not Recommend Strongly
17	Free-floating (unfixed) Interpositional Device	Not Recommend Strongly
18	Acupuncture	Not Recommend Strongly

\* Treatment of Osteoarthritis of the Knee: Evidence-Based Guideline. AAOS, 2013, Vol 21, No 9