



## Osteoarthritis - Manage it before you replace it

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# OA - What is it?



- Loss of articular cartilage in joints

# OA - What causes it?

- > 40 years old
- Female
- Bone deformities
- Joint injuries
- Obesity
- Mum and Dad (genetics)

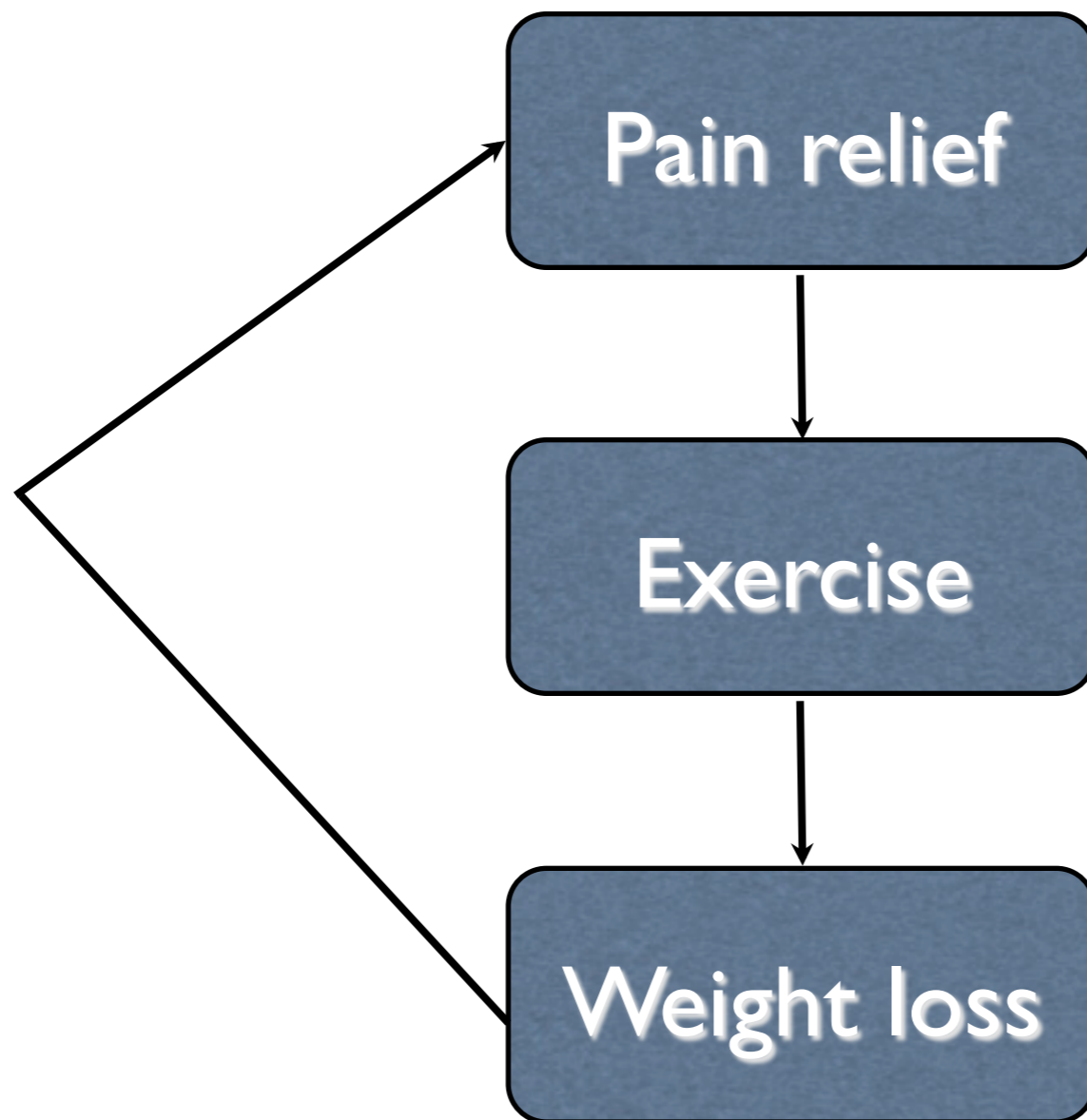
# OA - What to do about it?

- Exercise
  - Improves strength
  - Improves joint stability
- Weight loss
  - $(2\text{kg} \times 2) \times 5000 \text{ steps} = 20 \text{ tonnes}$

# OA - What to do?

- But it hurts too much to exercise!

# OA - The Plan?



# OA - Oral pain relief?

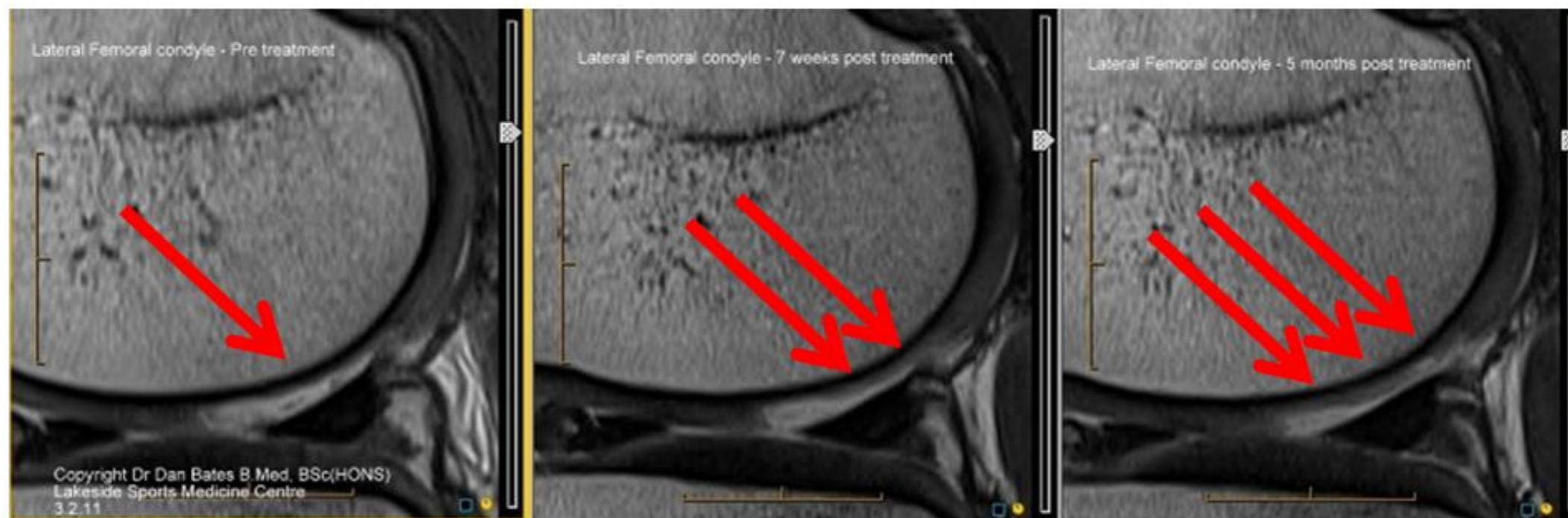
- Paracetamol
- Anti-inflammatories
- Fish oil - 9-15g/day
- Glucosamine

# OA - Injectable pain relief?

- Cortisone
- Hyaluronic acid (Synvisc, Osteoartz)
- Platelet rich plasma
- Lakeside Sports Medicine and ACU trial  
PRP vs Synvisc

# OA - Regeneration?

## MRI Findings



Pre-treatment

7 weeks

5 months

- Adipose derived stem cells

# OA - Exercise

- No consecutive days (on legs)
- No greater than 2/10 pain during or after exercise
- At a minimum no worse
- Halve your exercise time until you find 2/10
- Then increase in small increments (eg 2min per 2-3 sessions)

# Thanks - Questions?