

## Osteoarthritis of the Knee

Osteoarthritis is one of the most common chronic joint conditions in Australia. It can cause pain, loss of mobility and reduced quality of life.

Knee osteoarthritis is a major form of the condition and the main reason for knee replacement surgery, with excess weight being a key risk factor.

About 2.1 million  
Australians are  
estimated to have  
osteoarthritis

It is the fourth most  
common reason  
people visit GPs



30% of people  
aged 65 or older  
report some  
joint symptoms

\$1.6 billion spent on  
treating osteoarthritis  
per year

Effective management in primary care can reduce the burden of knee osteoarthritis on patients and the healthcare system



Provide a comprehensive  
clinical assessment



Educate the patient and develop  
a self-management plan



Include non-surgical treatments:  
weight loss, exercise,  
pain management



Monitor the patient through  
planned clinical reviews



Refer the patient to a surgeon or rheumatologist if  
conservative management no longer works

For more information on the *Osteoarthritis of the Knee*  
*Clinical Care Standard* go to [www.safetyandquality.gov.au/ccs](http://www.safetyandquality.gov.au/ccs)