

**NON-SURGICAL OSTEOARTHRITIS TREATMENT**  
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**Non-Surgical Knee Osteoarthritis Treatment**

The main goals in the non-surgical treatment of knee osteoarthritis are to alleviate the pain, regain normal function and mobility, and prevent or delay the need for surgery. This entails a combination of pain management, physical therapy and biomechanical intervention, which should be carefully tailored according to the needs of each patient.



- **Pain Management**

The purpose of reducing your knee pain is not only to ease discomfort, but also to enable you to proceed with physical therapy.

This can be done through a number of pain management therapies, which include pharmacological pain management methods such as oral medication, hyaluronic acid and anaesthetic injections, corticosteroids and anti-inflammatory creams, as well as non-

pharmacological pain management therapies such as acupuncture, heat and cold therapies and ultrasound.

- **Physical Therapy**

Many people would naturally assume that the right course of action to relieve knee pain is to let the joints rest as much as possible. However, in order to curb the progression of knee osteoarthritis, you will need to keep your joints moving and maintain a balance between physical activity and rest.

Physiotherapy and rehabilitation are integral parts of any treatment plan and studies have shown that people with knee osteoarthritis who keep their bodies active and continue to exercise regularly have experienced sustained improvement and reduction in pain in their knees. This is because movement helps to prevent your joints from stiffening and restores range of motion. Exercise also tones the muscles surrounding the knee, which provides more stability to the knee. It is important to consult a healthcare professional on appropriate exercises that would help to strengthen your muscles and not further aggravate the condition.

- **Biomechanical Interventions**

Stress on your knee joints can be reduced through biomechanical interventions such as knee braces, tape, proper footwear or insole. There are several types of knee braces such as valgus knee braces, bilateral hinge braces and compressive knee braces, which provide different levels of support. The valgus knee brace, in particular, has been clinically proven to be effective in the rehabilitation of knee osteoarthritis by unloading pressure off the area of the knee joint where the arthritis is at its worst. More than just pain relief, this allows the cartilage to regenerate better.

- **Nutritional and Lifestyle Adjustments**

Excessive body weight can add stress to your knee joints. Therefore, it is important to maintain a healthy Body Mass Index (BMI) and a balanced diet throughout your rehabilitation process.

Our modern day diet tends to consist of energy-intensive foods that are poor in nutritional value, providing our body with more calories than it needs. Try to aim for your meals to consist of at least 50 per cent of vegetables and fruits.

Certain lifestyle modifications would also need to be made to help improve the recovery process and reduce the risk of further aggravating the condition. These may include adjusting your daily activities to avoid movements that are stressful to your joints and incorporating physical therapy and rehabilitation as part of your daily routine.

The treatment of knee osteoarthritis is an on-going process and deliberate action needs to be taken to arrest the progression of the condition, so as to maintain an active lifestyle.

### **About Inliven Center For Osteoarthritis Solutions**

Inliven Center for Osteoarthritis Solutions is a medical clinic that specialises in the non-surgical treatment of knee osteoarthritis. Dedicated to alleviating pain and restoring proper function of the knee, it offers a comprehensive range of multi-disciplinary proven treatment solutions that combines effective pain management, physical therapy and biomechanical intervention. Inliven Center for Osteoarthritis Solutions is located at 10 Sinaran Drive, #08-14, Novena Medical Center, Singapore 307506. For more information visit [www.inliven.sg](http://www.inliven.sg) or contact 6397 6118 / [enquiry@inliven.sg](mailto:enquiry@inliven.sg)