4 Surgery

+ Benefits



Expected reduction of your knee pain



Potential for increased activity



Improved mobility



Possibility of daily life with less limitations

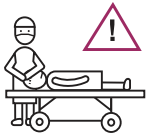


Potential for improved quality of life

- Harms



Risk of minimal pain reduction



Risk of serious complications



Potential for a hospital stay



Expected sick leave after surgery



Need for rehabilitation

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4 Physical Therapy

+ Benefits



Exercise can be adapted to your daily life



Strengthening the muscles and pain relief



Postponement of potential surgery

- Harms



Risk of minimal pain relief



Portential need for pain relief medication



Time spent on exercise

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4 Pain Relief Medication

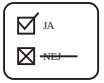
+ Benefits



Can be adapted to your daily life



Relief of pain



Clarify the need for potential surgery

- Harms



May need other treatments



Side effects of medication



Risk of minimal pain relief

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4 Steroid Injection

+ Benefits



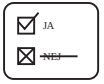
Pain relief



Possibility of postponing potential surgery



Minor procedure



Clarify the need for potential surgery

- Harms



Risk of minimal effect



Short term effects



Risk of side effects from the injection



May need other treatments

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4 Weight Loss

+ Benefits



Reduction of pain



Improved mobility



Reduce the discomfort from osteoarthritis



Improve outcomes after a potential surgery

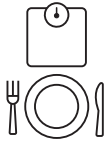
- Harms



Often a need for supplementation with exercise/training



No improvement in the discomfort from osteoarthritis



Change of habits



It takes time

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4 Patient Stories

"I couldn't really make up my mind; it felt like too big of a decision for me. But when there was no other option left, I went ahead with it. I was very nervous about it, but I didn't need to be. It was a great relief." - Woman, 70 years old.

"As long as I can walk and don't have more pain than I already do, I will wait for surgery. I'll just take a bit more pain relief for now." - Man, 69 years old.

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"We have decided that I can have surgery, the doctor and I, but I haven't made the decision yet because I don't know enough about it..." - Man, 71 years old.

"Well, I've been very uncertain about what to do. I can walk, but I limp, and sometimes it hurts so much. But I also have two little kids pulling at me, saying, 'Come on, Dad...' 'Calm down, calm down,' I say, 'Dad isn't that fast.' But it hurts so much now, so I'm just waiting for a surgery date." - Man, 53 years old.

4 Pain-relieving effect of surgery and exercise

The effect of surgery on pain



80% experience less pain

20% experience no pain relief

The effect of exercise on pain



47% experience less pain

53% experience no pain relief

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4 Pain-relieving effect from using pain relief medication and steroid injections

The effect of pain relief medication on pain



57% experience less pain

43% experience no pain relief

The effect of steriod injection on pain



50% experience less pain

50% experience no pain relief

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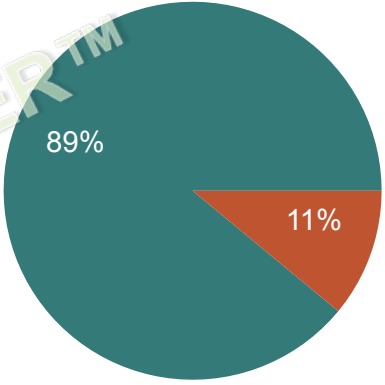
4 The most common complications and risks associated with knee surgery

Overall risk of serious complications from knee surgery



Out of 100 patients, 4 are at risk of developing a serious complication (infection, blood clot, bone fracture, or nerve damage).

The proportion of patients who require a new surgery within 20 years



Out of 100 patients, 11 require a new surgery within 20 years

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