4 Surgery

+ Benefits

Expected reduction of your knee pain

Potential for increased activity

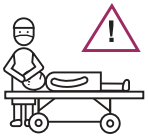
Improved mobility

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.

"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.

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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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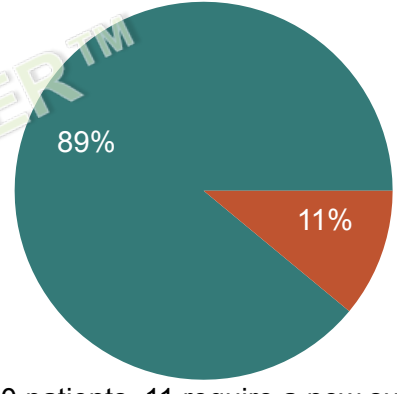
4 The most common complications and risks associated with knee surgery

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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