

4

Surgery



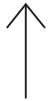
+ Benefits



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

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



Potential need for
pain relief medication



Time spent on
exercise

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

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

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

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.

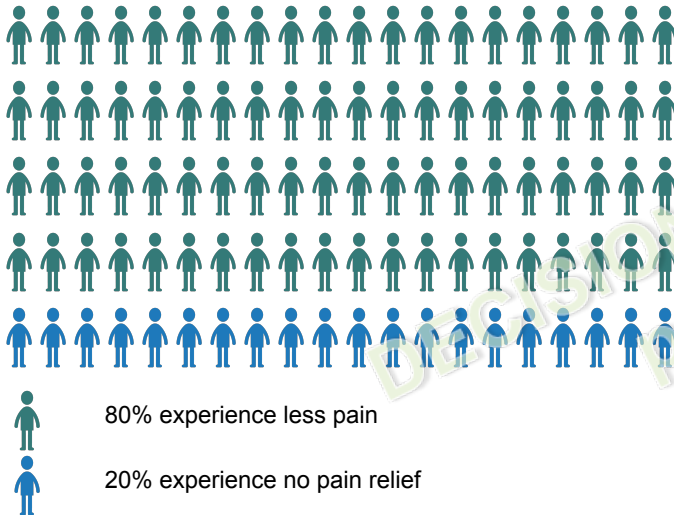
DECISION HELPER™
preview

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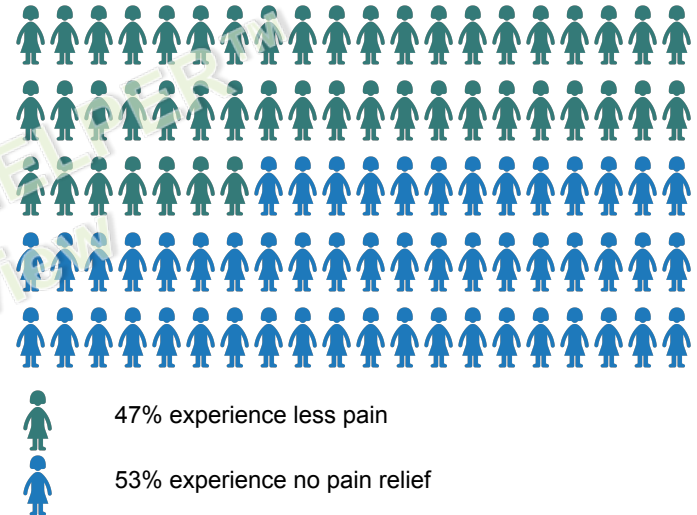
Pain-relieving effect of surgery and exercise



The effect of surgery on pain



The effect of exercise on pain

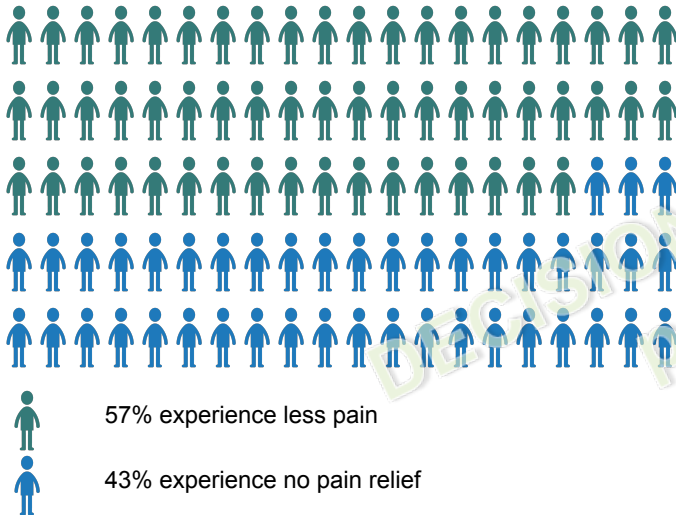


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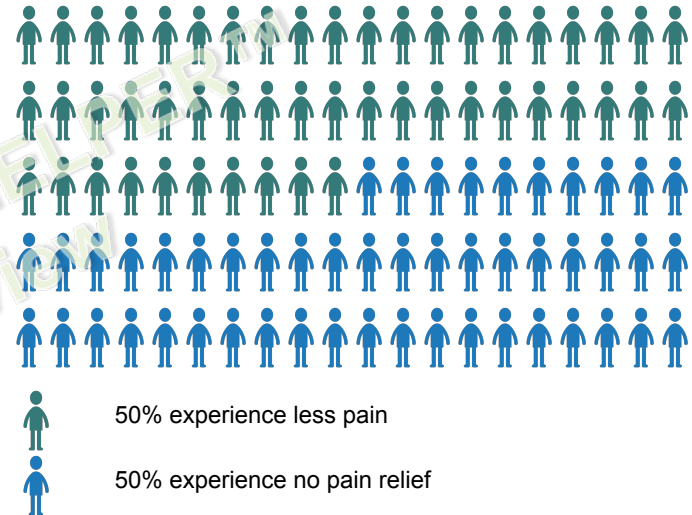
Pain-relieving effect from using pain relief medication and steroid injections



The effect of pain relief medication on pain



The effect of steroid injection on pain



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The most common complications and risks associated with knee surgery

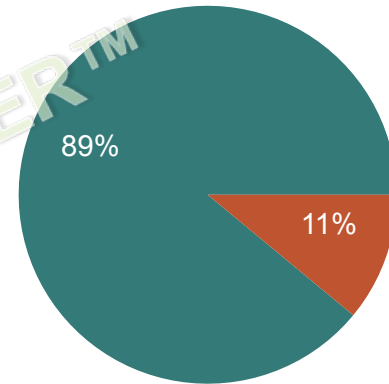


Overall risk of serious complications from knee surgery



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

