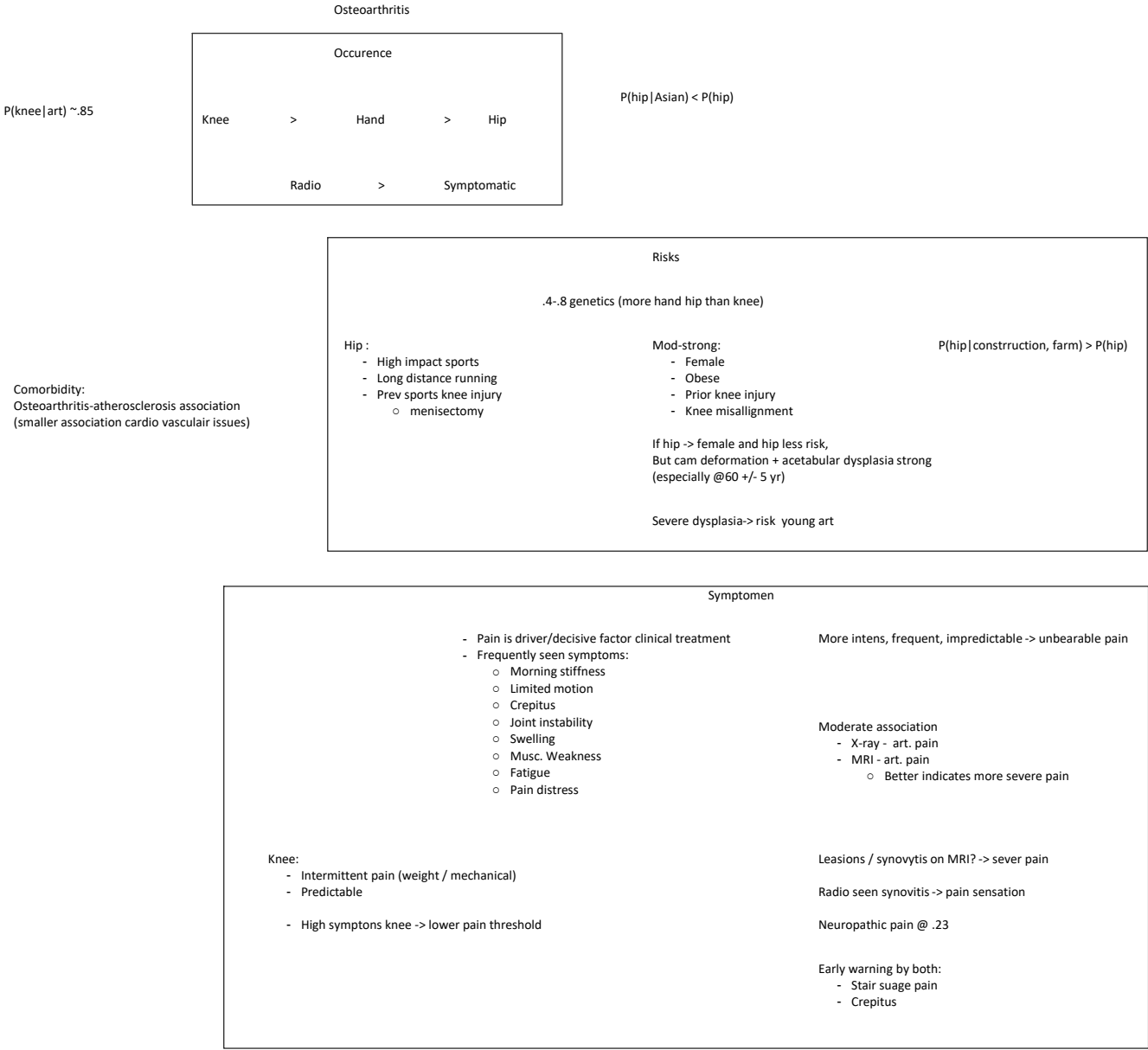


Peak prevalence ~75 yr



## treatment

### Hip or knee

- Lose weight + exercise -> .4-.5
- Combo is best

### Knee + hand

- Obese loss -> .37

### Joint replacement

- Cost effective @ more severe case
- 15 yrs art joint lifespan
- Lifetime risk decreases with replacement
- Done when
  - o Dutch guideline -> 65 yr until replaced
  - o At least 6 months of conservative treatment
  - o Selection:
    - Wake up pain (sleep)
    - No long dist walks possible
    - Restricted daily activity
  - o Joint space narrowing

Pain still there after 1 yr -> .25

### Poor outcomes if:

- Low radio
- Depressed
- Morb. Obese

### Improvement in (not always):

- Pain
- Functional

### Risk of replacement

- Trombose
- Infection

### Knee osteotomy

#### Done at

- Young + active -> results
- Moderate severity

Postpones replacement with 10 yrs @ .85 cases

High knee osteotomy -> young

Unicompartmental -> older

Short revivification -> less morbid  
Although higher fail rate

### Knee distraction

Infection -> .6  
Up to 2 years improvement  
Evidence gap!!!

### Arthroscopic surgery

Mostly chosen -> no efficacy  
Placebo effect present