

Knee Pain / Arthritis Treatment Recommendations

[] Strengthening Exercises

10 repetitions each leg Monday, Wednesday, Friday OR Tuesday, Thursday, and Saturday



Increase 10 repetitions per week – Your goal is 60 repetitions

1. Straight leg raises (SLR)
2. VMO Modification SLR – (Rotate hip out externally) Do if SLR becomes easy

[] Exercise – 5 minutes per day Monday, Wednesday, Friday OR Tuesday, Thursday, Saturday

1. May use bike (non-impact) or walk (impact) or alternate
2. Increase 5 minutes per day per week, your goal is to get up to at least 30 minutes per day

[] Weight loss (Goal weight for surgery _____ (if indicated))

The goal is to lose 1 - 2 pounds per week. Portion control, limit sweets, limit carbs

Medications

[] Anti-inflammatories (NSAIDs) - Stop if you develop upset stomach or bleeding occurs. Take with food.

1. Ibuprofen (Motrin or Advil) 400 - 600 mg (2-3 pills) with food 3 times a day for 3 – 7 days
OR
2. Naprosyn (Aleve) 1 – 2 pills twice a day with food for 3 – 7 days
OR
3. Voltaren Gel – apply 3 – 4 times a day up to 21 days

[] Pain reliever – Acetaminophen (Tylenol)

1. Regular (325 mg) or Extra-strength (500mg) 2 pills 3 times a day for 3 – 7 days
2. Arthritis strength (650mg) 1 pill 3 times a day for 3 – 7 days

**Taken together (Acetaminophen with one of the Nsaids (ibuprofen OR naprosyn)), or try Advil Relief*

Braces, wraps, ice, heat, topical ointments may all be used/tried if they help pain/symptoms

You can learn more by reading my **book** ‘*The Knee Book – A Guide to the Aging Knee*’ or visit my **YouTube** Channel @DrAdamRosen