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DIPLOMA IN SPORTS MEDICINE (CASM)

## Knee Osteoarthritis

### 1) Weight

### 2) Physical activity

### 3) Alignment

- Feet
- Leg length difference
- Genu valgum / varum

### 4) Physical therapy

- Modalities
- VMO / gluts strengthening
- ITB stretching
- Rehabilitation

### 5) Brace use

- Patella stability
- Unloading

### 6) Supplements

- Glucosamine **SULFATE** (**not HCL**) (1500 mg per day) / Chondroitin (1200 mg per day) / MSM
- Omega 3 (fish oil) (3 to 4 g per day)
- Others (turmeric, ginger...)
- [Metarelief](#)

### 7) Diet

[See the Anti-inflammatory diet on my website!](#)

### 8) Medication

- Acetaminophen (“Tylenol”)
- N’Saids (Ibuprofen, “Advil”, “Aleve”, etc.)
- Topical N’Saids (Pennsaid, Voltaren Gel, Flector Patch)

### 9) Injection

- Steroid (Cortisone)
- [Viscosupplementation](#)
- [PRP](#)
- [Stem Cells](#)

### 10) Surgery

- Debridement / shaving / cleaning
- Partial / total knee replacement