Impactful Statements
Osteoarthritis of the Knee

An impactful recommendation is one that offers the potential for current evidence to change care offered to patients. This influence can be due to one or more of the following:

- Evidence highlighting current variations in care that were previously unsupported by evidence
- Current evidence supporting a significant difference or change from current clinical practice or previously held “gold standard” care

The following impactful statements are based on the Osteoarthritis of the Knee Clinical Practice Guideline:

1. Self-managed exercise and strengthening programs should be encouraged for patients with symptomatic osteoarthritis of the knee.
2. For patients with a BMI $\geq 25$, weight loss is suggested due to improved outcomes.
3. Glucosamine and Chondroitin Sulfate should not be administered to patients with symptomatic osteoarthritis of the knee due to a lack of efficacy.
4. Hyaluronic Acid should not be used for patients with symptomatic osteoarthritis of the knee due to a lack of efficacy.
5. Arthroscopic debridement should not be used for patients with symptomatic osteoarthritis of the knee due to the lack of treatment benefits and increased risks associated with surgery.

The following guideline recommendations are the basis of the impactful statements:

1. We recommend that patients with symptomatic osteoarthritis of the knee participate in self-management programs, strengthening, low-impact aerobic exercises, and neuromuscular education, and engage in physical activity consistent with national guidelines.
2. We suggest weight loss for patients with symptomatic osteoarthritis of the knee and a BMI $\geq 25$.
3. We cannot recommend using glucosamine and chondroitin for patients with symptomatic osteoarthritis of the knee.
4. We cannot recommend using hyaluronic acid for patients with symptomatic osteoarthritis of the knee.
5. We cannot recommend performing arthroscopy with lavage and/or debridement in patients with a primary diagnosis of symptomatic osteoarthritis of the knee.