



Knee OA Treatment Recommendations



RECOMMENDED NON-SURGICAL MANAGEMENT OF SYMPTOMATIC KNEE OA



OARSI RECOMMENDED OA MANAGEMENT CONSISTS OF:¹

1 CORE TREATMENT:

- Self management & education
- Land/water based exercise
- Weight management
- Strength training



2 Additional treatments as appropriate: BIOMECHANICAL INTERVENTIONS

- Insoles
- Unloader brace

PHARMACEUTICALS

- Analgesics, oral and/or topical NSAIDS
- Corticosteroid Injections

OTHER



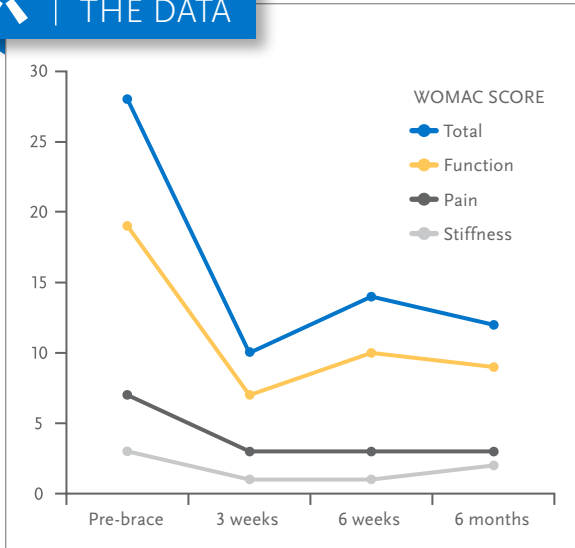
Knee OA Treatment Selection Aid

Features	Sleeve/soft good	Unloader FIT	Unloader One*
Lightweight	●	●	●
Clinically proven offloading ²		●	●
Easy adjustment of pain relief		●	●
Easy buckle closure			●
Appropriate for patients with conical leg shape			●

* Unloader One is also available in Custom, Plus and Short versions, see www.ossur.com for further details.

UNLOADER: SAFE AND EFFECTIVE TREATMENT OPTION

THE DATA



CLINICALLY PROVEN TREATMENT

- Significant improvement of knee pain and function²
- Fast onset of pain relief³
- Significant improvement of quality of life²
- Targeted pain relief without systematic side-effects

UNLOADER - KEY BENEFITS



REFERENCES

1. McAlindon TE, Bannuru RR, Sullivan MC, Arden NK, Berenbaum F, Bierma-Zeinstra SM, et al. OARSI guidelines for the non-surgical management of knee osteoarthritis. *Osteoarthritis Cartilage*. 2014 Mar;22(3):363–88.
2. Briggs, K.K., Matheny, L.M., Steadman, J.R., 2012. Improvement in quality of life with use of an unloader knee brace in active patients with OA: A prospective cohort study. *J Knee Surg* 25, 417-422.
3. Eikelboom T, Schwager R, Lutsch R, Ruthning H, Elbracht M, Kohns M. "Unloader-Orthesen und Patientencompliance – worauf legen Gonarthrosepatienten Wert?" *OT World 2014. Leipzig*; 2014.



UNLOADER® FIT

LIGHTWEIGHT & EASY-TO-USE

This new addition to the Unloader family features a lightweight and low-profile sleeve design that fits nicely underneath clothing, helping to improve patient compliance.

SEAMLESS COMFORT

With a seamless, easy-to-pull-on sleeve design and a lighter, shorter frame, the Unloader FIT is comfortable and practical for patients to wear.



LIGHTWEIGHT & DISCREET

Weighing just 10 ounces, Unloader FIT is the lightest functional OA knee brace available, and its low-profile sleeve design fits discreetly underneath clothing.

SINGLE-DIAL DOSING

With a single SmartDosing® dial, the tension of the dual Dynamic Force Straps is easily adjusted to control the amount of pain relief.



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