

HEALTH TIP



WHEN IS SURGERY RIGHT FOR KNEE PAIN?

The road to deciding on surgery to fix a knee condition can be a winding path. Answering these questions can help you navigate it:

Did other treatments work? Attempting to manage pain with less invasive methods like physical therapy, lifestyle modifications such as weight loss, or pain relief medications are important considerations before deciding on surgery.

Is the knee deformed? In cases where knee pain is the result of a deformity, especially if this inhibits the ability to walk properly, then knee surgery may be a consideration in order to correct the underlying issue causing the deformity.

How is your QOL? Even if other non-invasive treatments provide some relief, but not enough to help you maintain an otherwise active and healthy quality of life (QOL), then surgery may warrant further investigation as an option.

