

How to Delay Joint Surgery

Not everyone with hip or knee arthritis needs surgery immediately. In many cases, a structured non-operative programme can delay the need for replacement by months or even years — and meaningfully improve quality of life in the meantime. This page outlines evidence-based strategies you can start today.

KEY STEPS

01 Exercise & Physiotherapy

Muscle strengthening reduces joint load and pain significantly.

02 Weight Management

Every kilogram lost reduces knee load by approximately 4kg.

03 Analgesics

Simple pain relief (Paracetamol, NSAIDs) used strategically.

04 Joint Injections

Corticosteroid or hyaluronic acid injections for symptom control.

QUICK FACTS

EXERCISE

Most Important

WEIGHT

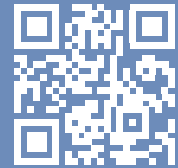
1kg = 4kg Less Load

INJECTIONS

Steroid & HA

SUPPLEMENTS

Glucosamine 1000mg



“Every conservative option should be explored before considering surgery.”

FREQUENTLY ASKED QUESTIONS

Q. How much does exercise really help?

Substantially. Strong quadriceps and hip muscles reduce joint load, slow arthritis progression, and can delay surgery for years in well-motivated patients.

Q. Do supplements work for arthritis?

Glucosamine Sulphate 1000mg and Fish Oil have shown symptomatic benefit in some studies. They are worth a 3-month trial if tolerated well.

Q. When does non-operative management stop working?

When symptoms significantly impact your quality of life despite a thorough conservative programme, that is usually the right time to consider surgery.

ABOUT THE SURGEON

Dr Chien-Wen Liew exclusively performs total hip replacements via the direct anterior approach and total knee replacements via kinematic alignment only. He utilises patient-specific technology for both procedures, and practices from Orthopaedics 360 — within the Eastwood Private Hospital Precinct.

Dr Chien-Wen Liew

Hip and Knee Replacement Surgeon

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