Managing Knee Arthritis Non-Operatively

SCAN TO READ MORE

Knee arthritis does not always require immediate surgery. A structured non-operative programme — combining exercise, weight management, analgesia, and injections — can delay the need for surgery and meaningfully improve quality of life. At Orthopaedics 360, non-operative strategies are always explored and optimised before any surgical conversation takes place.

THE TECHNIQUE

01 Exercise & Physiotherapy
Strengthening muscles around the knee reduces pain and joint load.

02 Weight Management
Every 1kg lost reduces knee load by approximately 4kg.

03 Medications
Simple analgesics and anti-inflammatories provide meaningful relief.

04 Joint Injections
Corticosteroid and hyaluronic acid injections for symptom control.

AT A GLANCE

EXERCISE
First-Line Treatment

WEIGHT LOSS
1kg = 4kg Less Load

SUPPLEMENT
Glucosamine 1000mg

INJECTIONS
Steroid & Hyaluronic

> "The best surgery
> is often no surgery at all."
> — Dr Chien-Wen Liew

FREQUENTLY ASKED QUESTIONS

Q. Will physiotherapy really help?
Yes. Strong quadriceps and hip muscles meaningfully reduce pain and may slow the progression of knee arthritis over time.

Q. Are supplements beneficial?
Glucosamine Sulphate (1000mg) and Fish Oil have shown symptomatic benefit in studies and are worth trialling for 3–6 months.

Q. How long can non-operative management last?
Many patients manage their arthritis effectively for years without surgery. When symptoms overcome quality of life, a surgical conversation begins.

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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