

Academy of PHYSICAL MEDICINE

Case-Base Discussion – 12th April 2023 (Ref 296)

Case - Arthritic Knee

This week's Case-Based Discussion concerned a patient in his early 50s, very active and physically fit, presenting with an arthritic knee. He has had multiple traumas throughout his life, including a meniscectomy when he was younger. X-ray images show "bone-on-bone" contact, although it was agreed that different terminology would be preferable when explaining the condition to patients.

The main purpose of today's discussion was to brainstorm ways of managing patients who present with arthritic knees in our clinics.

Suggestions included:

- Exercises - easy stationary bike, squats (5 reps-to-failure, as recommended by Clare Minshull), isometric exercises, gluteus medius strengthening.
- Articulation, soft tissue, balanced ligamentous tension, work on the primitive reflexes (MNRI - Masgutova Neurosensorimotor Reflex Integration)
- Dry needling or acupuncture (there are a number of acupuncture points surrounding the patella and the technique "surrounding the dragon" can be used to great effect)
- Hydrotherapy or exercises in pool · Knee supports (for example Össur Unloader brace) · FlexiSEQ gel · K laser, Extracorporeal Magnetotransduction Therapy (EMTT)
- Orthotics
- Surgical options (meniscectomy, tibial osteotomy, partial/total knee replacement, customised knee replacement) · Supplements (Glucosamine hydrochloride, Ganoderma lucidum)

In 45 minutes of learning, attendees came up with an impressive list of treatment options for the arthritic knee. Key points arising from today's discussion:

- Do strengthening exercises really help when you have an arthritic knee or just exacerbate the wear and tear already present?
- The properties of synovial fluid and loss of viscosity as we age.
- Findings on scans are not always the cause of the pain - treat what you find!

Linking this case with Osteopathic Practice Standards Themes

A – Communication and patient partnership

A1 You must listen to patients and respect their individuality, concerns and preferences. You must be polite and considerate with patients and treat them with dignity and courtesy.

A2 You must work in partnership with patients, adapting your communication approach to take into account their particular needs and supporting patients in expressing to you what is important to them.

A5 You must support patients in caring for themselves to improve and maintain their own health and well-being.

B - Knowledge, skills and performance

B1 You must have and be able to apply sufficient and appropriate knowledge and skills to support your work as an osteopath.

B2 You must recognise and work within the limits of your training and competence.

B3 You must keep your professional knowledge and skills up to date.

B4 You must be able to analyse and reflect upon the information related to your practice in order to enhance patient care.

D – Professionalism

D10 You must consider the contributions of other health and care professionals, to optimise patient care.

Linking this case with the Chiropractic Code

Principle C – Provide a good standard of clinical care and practice.

C4 Use the results of your clinical assessment of the patient to arrive at a working diagnosis or rationale for care which you must document. You must keep the patient fully informed.

C6 Select and apply appropriate evidence-based care which meets the preferences of the patient at that time.

Principle F – Communicate properly and effectively with patients, colleagues and other healthcare professionals.

F1 Explore care options, risks and benefits with patients, encouraging them to ask questions.

F3 Involve other healthcare professionals in discussions on patient's care, with the patient's consent, if this means the patient's health needs will be met more effectively.

Principle G – Maintain, develop and work within your professional knowledge and skills

G1 Keep your knowledge and skills up to date, taking part in relevant and regular learning and professional development activities that aim to maintain and develop your competence and improve your performance and the quality of your work.