

PHYSICAL THERAPY



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Q Will the supplement glucosamine chondroitin help my knee pain?

A Despite its widespread use, large-scale trials did not find evidence to support this theory. Fortunately, there are alternatives. With manual physical therapy and specific exercises provided by an experienced physical therapist, patients with knee arthritis frequently report 20-40% relief of their symptoms. Also, the patients that received this treatment were less likely to be taking medication for arthritis. Evidence also suggests that patients with hip arthritis experience similar benefits. Individuals with osteoarthritis should seek treatment from a physical therapist before using supplements, prescription drugs and prevent costly and painful surgery.

GENERAL AND PEDIATRIC SURGERY