Knee OA Treatment Recommendations
RECOMMENDED NON-SURGICAL MANAGEMENT OF SYMPTOMATIC KNEE OA

OARSI RECOMMENDED OA MANAGEMENT CONSISTS OF:¹

1

CORE TREATMENT:
• Self management & education
• Land/water based exercise
• Weight management
• Strength training

2

Additional treatments as appropriate:

BIOMECHANICAL INTERVENTIONS
• Insoles
• Unloader brace

PHARMACEUTICALS
• Analgesics, oral and/or topical NSAIDS
• Corticosteroid Injections

OTHER

Knee OA Treatment Selection Aid

<table>
<thead>
<tr>
<th>Features</th>
<th>Sleeve/soft good</th>
<th>Unloader FIT</th>
<th>Unloader One*</th>
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</thead>
<tbody>
<tr>
<td>Lightweight</td>
<td>●</td>
<td>●</td>
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<tr>
<td>Clinically proven offloading²</td>
<td>●</td>
<td>●</td>
<td>●</td>
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<tr>
<td>Easy adjustment of pain relief</td>
<td>●</td>
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<tr>
<td>Easy buckle closure</td>
<td>●</td>
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<tr>
<td>Appropriate for patients with conical leg shape</td>
<td>●</td>
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* Unloader One is also available in Custom, Plus and Short versions, see www.ossur.com for further details.
UNLOADER: SAFE AND EFFECTIVE TREATMENT OPTION

THE DATA

CLINICALLY PROVEN TREATMENT

- Significant improvement of knee pain and function\(^2\)
- Fast onset of pain relief\(^3\)
- Significant improvement of quality of life\(^2\)
- Targeted pain relief without systematic side-effects

UNLOADER - KEY BENEFITS

REFERENCES


UNLOADER® FIT
LIGHTWEIGHT & EASY-TO-USE

This new addition to the Unloader family features a lightweight and low-profile sleeve design that fits nicely underneath clothing, helping to improve patient compliance.

SEAMLESS COMFORT
With a seamless, easy-to-pull-on sleeve design and a lighter, shorter frame, the Unloader FIT is comfortable and practical for patients to wear.

LIGHTWEIGHT & DISCREET
Weighing just 10 ounces, Unloader FIT is the lightest functional OA knee brace available, and its low-profile sleeve design fits discreetly underneath clothing.

SINGLE-DIAL DOSING
With a single SmartDosing® dial, the tension of the dual Dynamic Force Straps is easily adjusted to control the amount of pain relief.