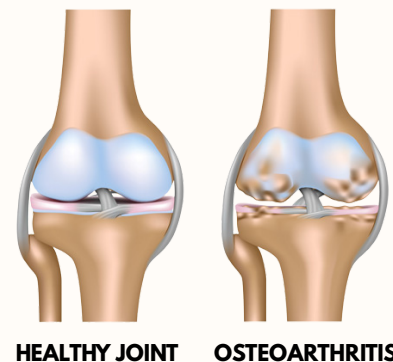


Knee Osteoarthritis: Safe, Natural Relief Options

Knee osteoarthritis is one of the most common causes of pain and stiffness after age 60. While many people turn to medication, research shows that simple, conservative therapies often work as well or better— and without the risky side effects. (1-4,19,23-25) Chiropractors are trained in several safe, research-supported approaches that can help manage knee osteoarthritis.



JOINT MANIPULATION / MOBILIZATION

Gentle joint movements help restore flexibility and function, improve circulation, and ease stiffness and pain. (4-10)



SOFT TISSUE WORK

Hands-on techniques, sometimes assisted with instruments, relax tight muscles and break up adhesions to improve flexibility and reduce pain. (4,11-13)



ACUPUNCTURE

An ancient technique using very thin needles placed along specific points of the body to reduce inflammation, improve circulation, and calm pain pathways. (14-17)



DRY NEEDLING

A modern technique involves inserting thin needles directly into tight or painful soft tissues (e.g., muscles) to release tension, improve muscle activation, and reduce referred pain. (18,19)



GLUCOSAMINE & CHONDROITIN

These natural supplements support cartilage health, reduce swelling, and may improve joint health over time. (20-23)



LIFESTYLE ADVICE

Simple changes in daily habits — like exercise, activity pacing, nutrition, posture, footwear, and good sleep — reduce joint stress, calm inflammation, and improve long-term outcomes. (4)

TOP 5 ADJUNCTIVE THERAPIES

A recent extensive study also highlighted several additional adjunctive therapies that may offer meaningful benefits for certain patients. (1)



**KNEE
BRACES**



**EXERCISE
THERAPY**



**HYDROTHERAPY
(WATER EXERCISE)**



**LASER
THERAPY**



**SHOCKWAVE
THERAPY**

You don't need to use all of these treatments. The best results come from the right combination for your needs. That's where your chiropractor can help — tailoring education and care to reduce pain, improve function, and get you moving again.

Scan for
References

