

Patient information from BMJ

Last published: Nov 30, 2023

Osteoarthritis: questions to ask your doctor

If you've been diagnosed with osteoarthritis of the knee or hip, you may want to talk to your doctor to find out more. Here are some questions that you might want to ask.

- Is there anything I might be doing that could be making my symptoms worse?
- What are the best treatments for me?
- Are there any nutritional supplements or vitamins that might help my joints?
- What medicines can help with my pain and discomfort?
- If pain medications don't help, what's next?
- What are the side effects of treatment?
- Are there any lifestyle changes I can make to help myself?
- Should I be exercising? If so, what kind of exercise should I do?
- How will we decide whether I need to have surgery?
- Would wearing special shoes or using a walking stick help me? Are there any other aids that would help?

The patient information from *BMJ Best Practice* is regularly updated. The most recent version of Best Practice can be found at bestpractice.bmj.com. This information is intended for use by health professionals. It is not a substitute for medical advice. It is strongly recommended that you independently verify any interpretation of this material and, if you have a medical problem, see your doctor.

Please see BMJ's full terms of use at: bmj.com/company/legal-information. BMJ does not make any representations, conditions, warranties or guarantees, whether express or implied, that this material is accurate, complete, up-to-date or fit for any particular purposes.

© BMJ Publishing Group Ltd 2024. All rights reserved.

What did you think about this patient information guide?

Complete the [online survey](#) or scan the QR code to help us to ensure our content is of the highest quality and relevant for patients. The survey is anonymous and will take around 5 minutes to complete.

