

DEVELOPMENT OF MUSCULOSKELETAL (MSK) PATHWAY FOR MODERATE KNEE OSTEOARTHRITIS PATIENTS POST-INTRAARTICULAR CORTICOSTEROID INJECTION

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ABSTRACT

Osteoarthritis (OA) is a musculoskeletal disorder that affects the quality of life and functional independence of individuals worldwide. It also raises concerns in developed countries due to advancements in healthcare systems. Physiotherapy remains the primary treatment for this condition. In addition to exercise and physical modalities, administering steroid injections to patients with OA is a potential approach that can aid in managing symptoms such as stiffness, swelling, and joint pain. This study aimed to design a pathway for patients who have received joint injections and continue to experience symptoms, allowing them to adhere to a comprehensive management plan before knee replacement becomes necessary. This research utilised a developmental-descriptive design based on interviews with experts in the field of Musculoskeletal (MSK) physiotherapy. Additionally, a survey of 42 MSK practitioners was conducted to evaluate the suitability of an MSK Pathway for patients with Moderate Knee OA after an intra-articular injection, assessed across four categories: Feasibility, relevance, completeness, and applicability, in the localities of Redditch, Kidderminster, and Bromsgrove in England. This research developed a pathway for this population to trial various options: a knee exercise programme, hydrotherapy, Pilates, a pain management clinic, or a secondary steroid injection. The research aims to propose potential enhancements to the existing National Institute for Health and Care Excellence (NICE) guidelines for the treatment of osteoarthritis.

Keywords: Knee OA, Intra-articular corticosteroid injection, NICE Guidelines, MSK Pathway, Suitability.