

# During your appointment

**INSTRUCTIONS:** Print out this document to write in your answers **OR** type your notes into the boxes below, save your PDF, and then print or save this document to reference during your appointment.

This handout is designed to help you have a productive conversation with your doctor about your knee osteoarthritis. **Check which questions are most important to you and write down any additional questions or notes you may have for during your visit.**

## 1 Understanding your condition

- What is knee osteoarthritis and what causes it?
- What stage of osteoarthritis do I have?
- What are the symptoms I should expect?

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## 2 Diagnosis and Prognosis

- What tests or imaging studies do I need to confirm my diagnosis?
- How will my condition likely progress over time?

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## 3 Pain Management

- What are the best strategies for managing chronic pain?
- Can alternative therapies like physical therapy, acupuncture, or chiropractic care be helpful to me?

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## 4 Treatment Options

- What are my treatment options?
- What are the benefits and risks of each treatment?

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## 5 Lifestyle and Self-Care

- What lifestyle changes can I make to help manage my symptoms?
- Are there specific activities or exercises I should avoid?
- What role does diet play and are there specific foods that can help?

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## 6 Monitoring and Follow-Up

- What signs or symptoms should prompt me to contact you between visits?
- How can I monitor my condition at home?

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