

Hampshire and Isle of Wight Integrated Care Board Priorities Committee

Policy title	Policy 69: Knee Pressure Offloading Devices for Osteoarthritis
Policy position	For Information Only
Date of issue	April 2023
Update	This policy will be updated in light of a substantial body of new evidence or new national guidance.

The prescribing of Knee Pressure Offloading Devices (also known as Offloading / Unloading Knee Braces) for osteoarthritis such as the 'Action Reliver', 'Clima-Flex OA', 'medi Soft OA light' or 'OA Reaction Web is not normally supported in primary care.

Core treatment for osteoarthritis consists of offering appropriate and accurate verbal and written information about osteoarthritis; advising on activity and exercise to include local muscle strengthening and general aerobic fitness; and offering interventions to achieve weight loss if the person is overweight.

If consideration for a knee brace is needed, the patient should be assessed at a musculoskeletal (MSK) or intermediate care service, or by a physiotherapist. Assessment for suitability, education and/or support with fitting and how to mitigate or treat possible issues is also recommended. It will be decided by each local system who writes the prescription.

Version	Date	Reason for change
Version 1	Agreed May 2022 (Ratified by the Board – January 2023)	New policy

Exceptional circumstances may be considered where there is evidence of significant health impairment and there is also evidence of the intervention improving health status.