

DO YOU “KNEE-D” A KNEE MRI?

Most knee pain in older adults is caused by osteoarthritis. MRI provides no more helpful information than X-ray for osteoarthritis in knees.

X-ray is the way

Your doctor is providing the best care by not ordering unnecessary imaging tests.

For diagnosis of osteoarthritis in knees, X-ray is the fastest and most appropriate test.

MRIs would mean longer wait times for testing and diagnosis and unnecessary anxiety while waiting for specialist consultations.

When it is osteoarthritis in the knees, the prescription is self-management:

- Relieve pressure from your knees by losing excess weight.
- Engage in physical activity to build support of the knees.
- Use mechanical aids such as canes, crutches or walkers.
- Use heating pads or ice packs as needed.
- Talk to your provider for more options.



Choosing Wisely Canada -
Treating Osteoarthritis
of the Knee Resources