



**THE KNEE RESOURCE**

RELIABLE KNEE INFORMATION

# Knee osteoarthritis (OA) assessment tool

This assessment tool is based on the American College of Rheumatology (ACR) & European League Against Rheumatism (EULAR) clinical criteria for knee OA.

This assessment tool can aid the clinician in the diagnosis of knee OA, without the need for X-ray, but does not claim to provide an accurate diagnosis and should only be used as a guide.

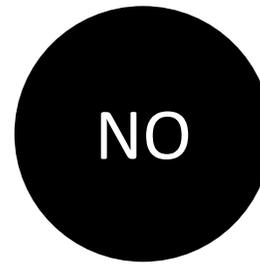
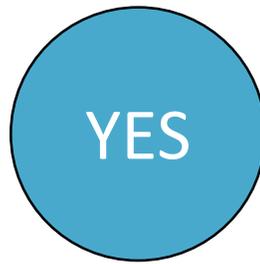
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# Is there usage-related knee joint pain?



-  Osteoarthritic pain is related to use, relieved by rest and often worse towards the end of the day. In advanced presentations, pain may persist with rest or be present at night.



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## How old is the patient?

39 or under

40-49

50 or above

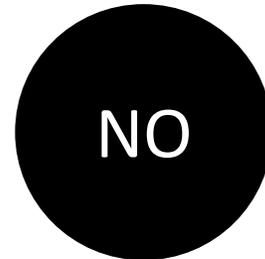
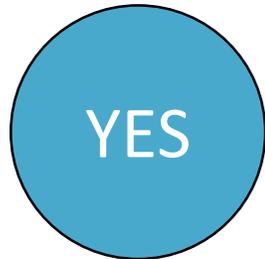
- i** Increasing age is a risk factor for knee OA.



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Is there morning or inactivity-related knee joint stiffness that lasts for more than 30 minutes?



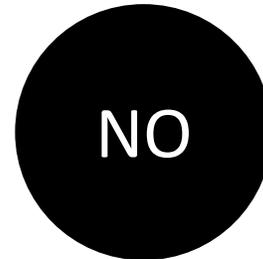
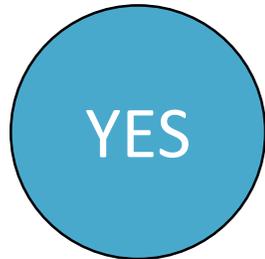
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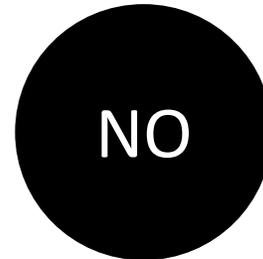
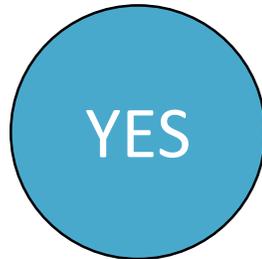
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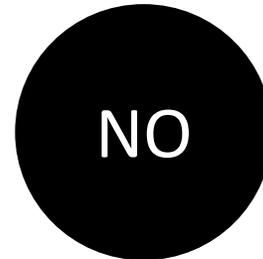
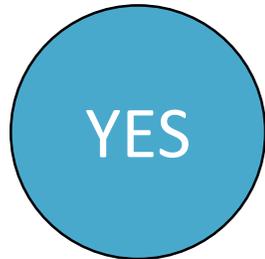
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Is there crepitus (a grating sensation) in the knee during active movements?



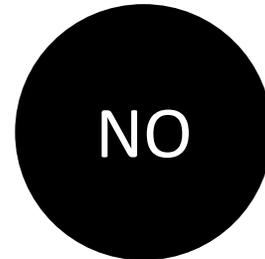
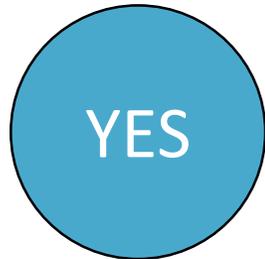
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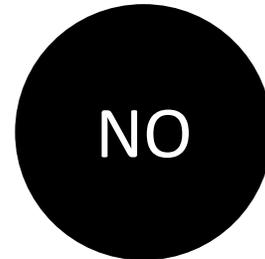
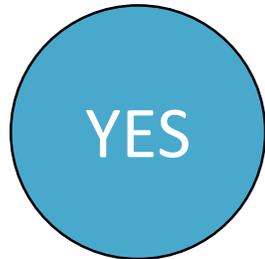
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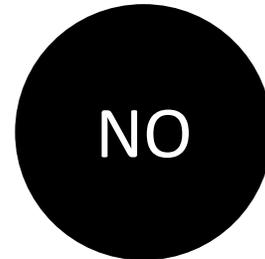
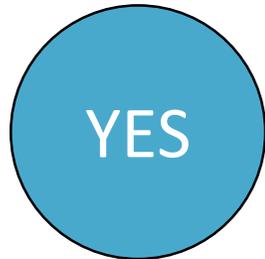
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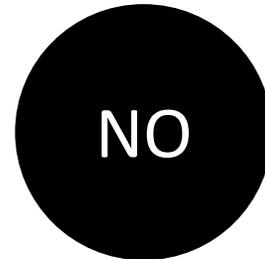
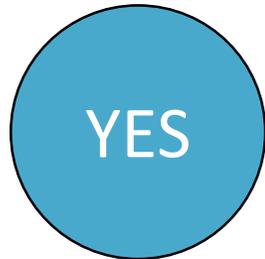
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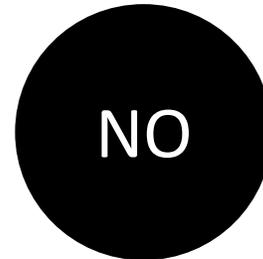
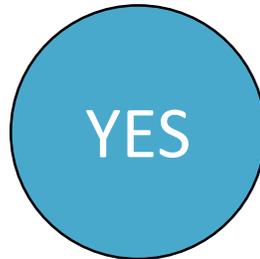
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Is there bone enlargement on clinical examination?



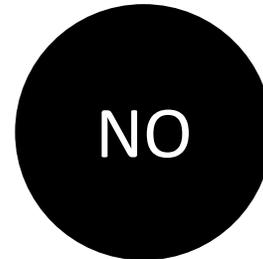
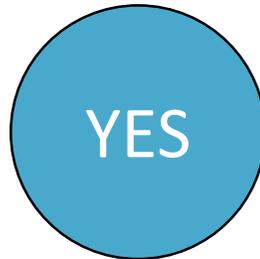
Palpable bony enlargement at the joint margin is more common in OA; bone enlargement is suggestive of osteophyte formation, which is a key finding differentiating knee OA from non-OA conditions



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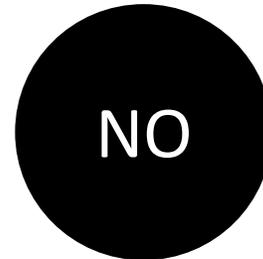
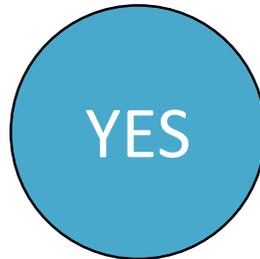
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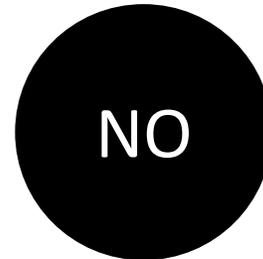
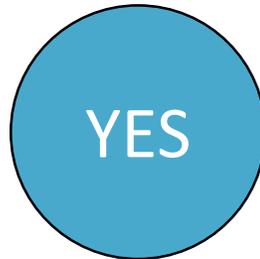
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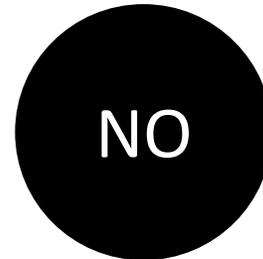
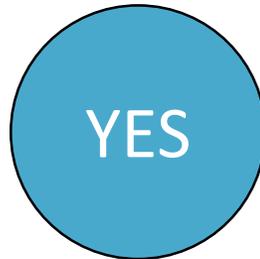
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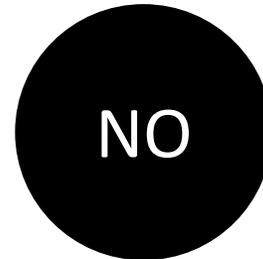
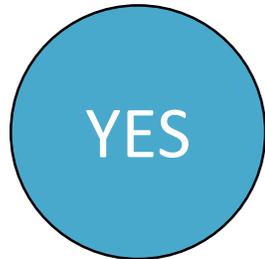
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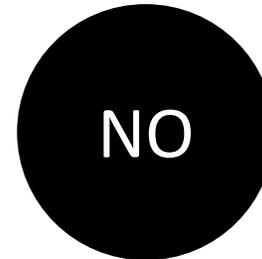
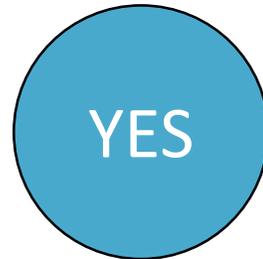
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# Are the bone margins tender on palpation?



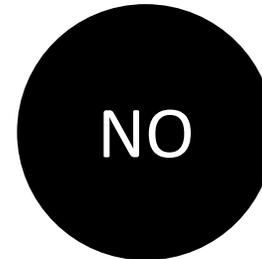
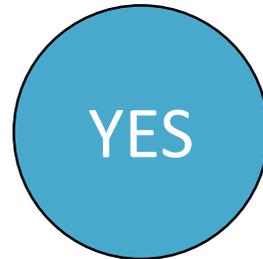
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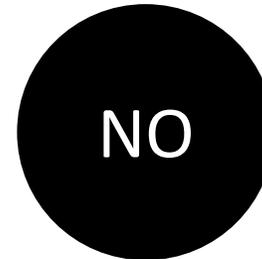
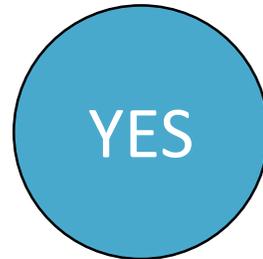
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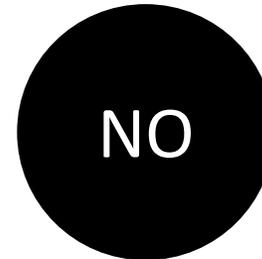
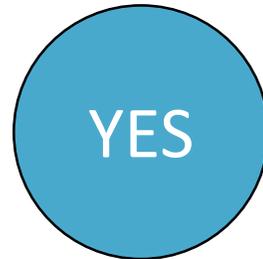
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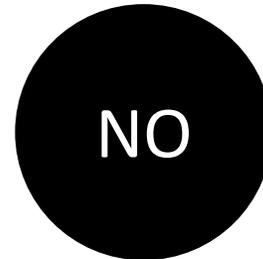
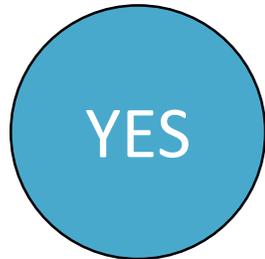
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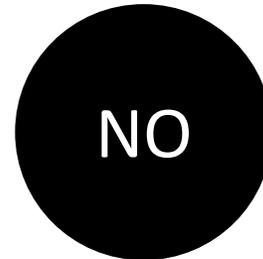
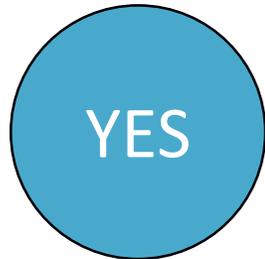
When present, the signs of inflammation are less frequent and severe in OA than those in non-OA conditions.



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# Is the knee warm on palpation?



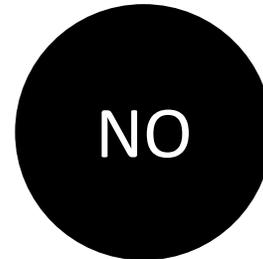
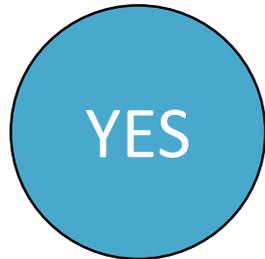
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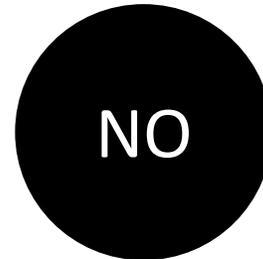
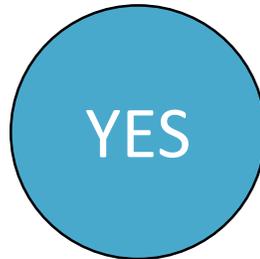
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# Is there functional limitation due to the knee?

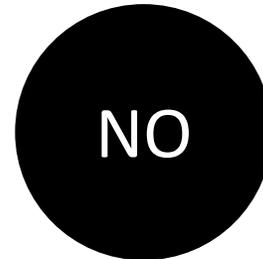
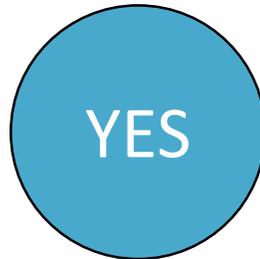


Knee OA can impact on an individual's functional ability e.g. reduced walking distance or speed.



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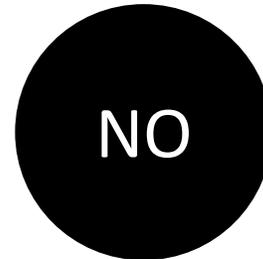
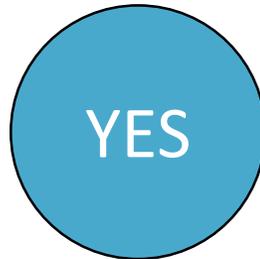
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# Is there restricted movement of the knee?



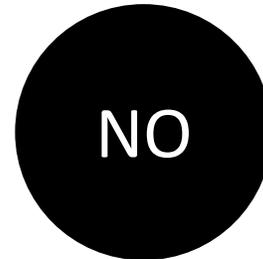
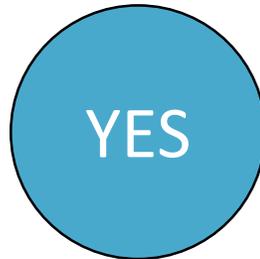
Painful and/or restricted range of movement can be present in knee OA.



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# Is there restricted movement of the knee?



Painful and/or restricted range of movement can be present in knee OA.



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The ACR criteria for the clinical diagnosis of knee osteoarthritis has been fulfilled.

Please ensure the patient is offered the core treatments for knee OA. For more information please visit

<https://thekneeresource.com/conditions/osteoarthritis-oa/>

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The EULAR criteria for the clinical diagnosis of knee OA has been fulfilled.

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**THE KNEE RESOURCE**

RELIABLE KNEE INFORMATION

The ACR and EULAR criteria for the clinical diagnosis of knee OA have both been fulfilled.

Please ensure the patient is offered the core treatments for knee OA. For more information please click [here](#).

Click here to return to the start



**THE KNEE RESOURCE**

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Neither the ACR nor the EULAR criteria for the clinical diagnosis of knee OA have been fulfilled.

Although a definite diagnosis of knee OA can not be given, the symptoms may represent early degenerative changes; for more information please click [here](#).

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Neither the ACR nor the EULAR criteria for the clinical diagnosis of knee OA have been fulfilled.

Please consider an alternative diagnosis.

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