

Radiofrequency denervation for osteoarthritic knee pain

Information for the public

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This procedure can be used for osteoarthritic knee pain because it works well and there are no serious concerns about its safety in this condition.

Osteoarthritis can develop in the knee when cartilage covering the ends of the bones becomes worn. This can cause pain and difficulty walking. In this procedure, a probe is inserted into the treatment site through a plastic tube (an introducer or cannula). This is used to apply heat (radiofrequency) energy to damage the nerves (denervation) that are causing pain in the knee. The aim is to reduce pain, improve joint function and delay knee replacement.

The [NHS website on osteoarthritis](#) may have information on your condition and treatment options.

Is this procedure right for me?

You should be included in [making decisions about your care](#).

Your healthcare professionals should explain the risks and benefits of this procedure and how it is done. They should discuss your options and listen carefully to your views and concerns. They should offer you more information about the procedure. Your family or carers can be involved if you want or need them to be.

You will be asked to decide whether you agree (consent) to have the procedure. Find out more about [giving consent to treatment on the NHS website](#).

Some questions to think about

- How many appointments will I need?
- What are the possible benefits? How likely am I to get them?
- What are the risks or side effects? How likely are they?
- Will I have to stay in hospital?
- What happens if it does not work or something goes wrong?
- What happens if I do not want the procedure?
- Are other treatments available?

Information and support

- [NICE's information on HealthTech guidance](#) explains what an interventional procedure is and how we assess it.
- [NICE's information on HealthTech recommendations](#) explains what standard arrangements are.

These organisations can give you advice and support:

- [Versus Arthritis](#), 0800 5200 520
- [Arthritis and Musculoskeletal Alliance \(ARMA\)](#), 0203 856 1978
- [Arthritis Action](#), 020 3781 7120

You can also get support from your local [Healthwatch](#).

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