

# Arthroscopic knee surgery

for osteoarthritis of the knee

These numbers refer to patients aged 49 to 63 years old with osteoarthritis in the knee (wear and tear of the knee joint) who had either arthroscopic knee surgery or non-surgical treatment (e.g. physiotherapy, medication, lifestyle changes) or placebo surgery (sham operation). Patients were observed for up to 24 months after treatment.

	<b>100 people who had either a non-surgical treatment or placebo surgery</b>	<b>100 people who had arthroscopic knee surgery</b>
<b>Benefits</b>		
How many patients experienced at least a slight improvement in their knee pain 3 months later?	67	79
How many patients experienced at least a slight improvement in mobility 3 months later?	52	65
How many patients experienced at least a slight improvement in their knee pain 12 to 24 months later?	Both groups reported no or only a very small improvement	
How many patients experienced at least a slight improvement in mobility 12 to 24 months later?	Both groups reported no or only a very small improvement	
<b>Harms</b>		
How many patients experienced complications (e.g., blood clots, joint infections, or nerve damage) as a result of knee surgery?	-	As with any surgical intervention, there is a rare risk of complications. However, exact numbers are not known.
How many people had a knee replacement within two years?	about 1 in each group	

**Short summary:** Arthroscopic knee surgery was associated with at least a slight improvement in pain and mobility of the knee 3 months after treatment. This difference was no longer evident after 12 to 24 months. It is not possible to report how many patients experienced complications as a result of the operation. About the same number of patients in both groups had a knee replacement within two years.

Sources: [1] Brignardello-Petersen et al. BMJ Open 2017: 7-e016114.

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