

FOR PEOPLE WITH OSTEOARTHRITIS OF THE KNEE:

10 WAYS TO MAXIMIZE TIME WITH YOUR DOCTOR



The average person gets less than 20 minutes with their healthcare provider to discuss what's bothering them. But you can make the most out of your time by prepping before your appointment, being specific during your appointment, and following up afterward. Use these ten tips to get started and get the support you need.

BEFORE YOUR APPOINTMENT

Set Personal Goals

Set short- and long-term goals for managing osteoarthritis of the knee, and then share them with your healthcare provider. Together, you can decide on treatment approaches that can help you reach your goals.

Track Symptoms

Write down symptoms over time so you can tell your healthcare provider how they've changed. And think beyond pain—what activities are harder because of osteoarthritis of the knee?

Bring Support

For some people, a visit with their healthcare provider can feel intimidating, and it can help to bring someone else along. A friend or family member can take notes and help you remember the questions you wanted to ask.

DURING YOUR APPOINTMENT

Be Specific

Be as specific as possible when talking about personal goals, symptoms, or your experience with different treatment approaches—use this guide to help start the conversation.

Speak Up

Don't be afraid to share your thoughts! If you didn't understand something, ask your healthcare provider to clarify. If you feel like you need more time, let him/her know.

Listen with a Pen in Hand

Take advantage of face-to-face time with your healthcare provider—bring a list of questions to ask, and take notes.

AFTER YOUR APPOINTMENT

Stay in Touch

Ask your healthcare provider who you can contact with additional questions. Then call or email if other questions or concerns come up.

Stick with the Plan

It's important to follow your healthcare provider's recommendations to fully benefit from the treatment plan.

Track Your Treatment

Keep notes on how your treatment approach works over time so you can discuss it at your next visit.

Listen to Your Body

You don't have to grin and bear osteoarthritis knee pain. When it increases, schedule a follow-up appointment with your healthcare provider to discuss your options.