"Surgical and non-surgical treatment of knee osteoarthritis - evidence and implementation in clinical practice"

Wednesday 16th November
11:00am - 12:00pm

The University of Melbourne
Rm 109 Lecture Theatre 2
Level 1, Alan Gilbert Building
161 Barry Street, Carlton 3053

ALL WELCOME

The talk will initially introduce exercise as a core component in the treatment of knee osteoarthritis (OA), after which it will go more in to depth with the results from two recent RCTs on surgical and non-surgical treatment of knee OA, one of which was published in the New England Journal of Medicine. Lastly it will present the experience and results from Good Life with osteoArthritis (GLA:D) an initiative aimed at implementing exercise and education in clinical practice with more than 17 000 patients.

Søren Thorgaard Skou (STS) (PT, PhD) has vast experience within the field of early treatment of knee pain and has been the primary investigator and leader of two high-quality randomized controlled trials on the treatment of knee osteoarthritis. STS is one of the main architects and leader of the implementation of the highly successful treatment program Good Life With osteoArthritis in Denmark (GLA:D) for patients with knee and hip osteoarthritis. Furthermore, he is a recipient of a postdoc grant and a Sapere Aude Research Talent Award from the Danish Council for Independent Research.