Efficacy of Cooled Radiofrequency Ablation in the Treatment of Knee Osteoarthritis

Study Design
Prospective
Multicenter
Randomized
Crossover at 6 months

N = 151

71 IAS
67 CRFA
1:1 RANDOMIZATION

Purpose
Compare the efficacy of cooled radiofrequency ablation of genicular nerves with intra-articular steroid injection for knee osteoarthritis at 1, 3, and 6 months.

Cooled Radiofrequency Ablation vs. Intra-articular Steroid Injection

% of patients with at least 50% reduction in knee pain at 6 months:

- CRFA group: 74.1%
- IAS group: 16.2%

CRFA group demonstrated...

Mean Oxford Knee Scores at 1, 3, and 6 mos
Perceived improvement at 3 and 6 mos

...compared to IAS group

Mean NRS change from baseline at 6 months:

- CRFA group: -4.9
- IAS group: -1.3

Mean opioid drug use did not differ at any time point

CRFA is a non-opioid option that is superior to single IAS in the management of knee osteoarthritis at 6 months

Created by #NANSRFS