

# AposHealth for knee osteoarthritis

Information for the public

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[www.nice.org.uk](http://www.nice.org.uk)

NICE has said that AposHealth can be used in the NHS for knee osteoarthritis in adults, but only if:

- you have had non-surgical standard care that has not worked well enough and
- your condition meets the referral criteria for total knee replacement surgery but you do not want surgery and
- more data is collected about how well it works for you in the long term.

NICE has recommended that more research should be done on using AposHealth in the NHS for:

- people with knee osteoarthritis that meets the referral criteria for total knee replacement surgery but who cannot have surgery because it would be unsafe
- people whose condition does not meet the referral criteria for total knee replacement surgery.

AposHealth is a pair of shoes with 2 curved pods (pertupods) on the heel and forefoot of each shoe. The pertupods are securely attached to tracks on the bottom of the shoe with screws. A trained healthcare professional will position the pertupods and you will be guided through the AposHealth treatment plan for 1 year.

## Is this treatment right for me?

Your healthcare professionals should give you clear information, talk with you about your options and listen carefully to your views and concerns. Your family can be involved too, if you wish. Read more about [making decisions about your care](#).

NICE has produced a [decision support tool: making a decision about knee osteoarthritis](#) on behalf of NHS England. It is available on the NHS England website.

This decision support tool is to help with decisions about knee osteoarthritis. It includes information about the condition and possible treatments.

## Questions to think about

- How well does it work compared with other relevant technologies or treatment options?
- What are the risks? How likely are they?
- How will the technology affect my day-to-day life?
- What happens if the technology does not work?
- What happens if I do not want to have the technology? Are there other relevant technologies or treatments available?

## Information and support

The [NHS website](#) may be a good place to find out more.

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

NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

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