

Unhelpful Language	Why?	Helpful Language
<p>"An x-ray is needed to diagnose knee osteoarthritis and direct treatment."</p>	<p>Signs of 'bone-on-bone', 'wear and tear', 'degeneration' on imaging can reinforce beliefs that joints are vulnerable.</p>	<p>"Joint changes on x-ray are seen in pain-free people. They don't predict future pain or treatment response."</p>
<p>"Knee pain from osteoarthritis is always a sign of tissue damage."</p>	<p>People can become fearful of and avoid things they associate with pain and (the threat of) damage.</p>	<p>"Knee pain can occur without tissue damage. Things like physical activity, sleep, diet play a role in pain."</p>
<p>"Knee pain from osteoarthritis is an inevitable part of getting older."</p>	<p>The notion that joints have a use-by date can lead people to feel there is little to do but 'put up with' the symptoms and 'stop complaining'.</p>	<p>"People can take action to improve their bone, muscle and joint health at any age."</p>
<p>"Being physically active with knee osteoarthritis will cause (further) joint damage."</p>	<p>People who believe loading a joint is harmful can reduce physical activity and avoid exercise-based interventions.</p>	<p>"Joints are nourished by movement and designed to be loaded. Being physically active is safe and beneficial for all people with osteoarthritis."</p>
<p>"Medication to control the pain and surgery to replace the joint are the only solutions for knee osteoarthritis."</p>	<p>Low perceptions of control can lead to feelings of distress or dependency on others (such as surgeons) to 'fix' the problem.</p>	<p>"Most people can look after knee osteoarthritis without surgery by adopting healthy lifestyles such as exercise and a healthy diet."</p>

Box 2. Unhelpful and helpful language tips for clinicians