



Low-Dose Radiation Therapy (LDRT) for Osteoarthritis

A non-surgical treatment that may help reduce pain and improve function in selected people with osteoarthritis.

Who may be a candidate?

- ✓ Pain that hasn't improved enough with physical therapy, NSAIDs, or joint injections
- ✓ Not a good surgical candidate, or prefer to delay or avoid surgery
- ✓ May help mild-to-moderate arthritis stages; less effective in the most advanced stage

Potential benefits

- ✓ Reduced joint pain
- ✓ Improved mobility
- ✓ Better daily function
- ✓ Improved quality of life
- ✓ Response rates range from 60% to 90%

What does treatment involve?

- ✓ 6 treatment sessions over 2-3 weeks
- ✓ Each session takes just 10-15 minutes
- ✓ No anesthesia, no hospital stay
- ✓ A second course may be considered

Important considerations

- ✓ Not for rheumatoid/autoimmune arthritis
- ✓ Not used during pregnancy
- ✓ Not typically used under age 40
- ✓ Often combined with other treatments

Is it safe?

- ✓ Dose is much lower than cancer treatment doses (3 Gy vs. 40-78 Gy)
- ✓ Most common side effect: mild, temporary skin irritation possible
- ✓ Long-term cancer risk is very low, especially for older patients; not recommended during pregnancy

How to get started

- ✓ Talk with your healthcare provider about whether LDRT may be right for you.
- ✓ Schedule a consultation with a radiation oncologist. A referral may be required.
- ✓ Discuss whether LDRT is an appropriate treatment option for your condition.

Visit RadiantJointAlliance.org to learn more

- ✓ U.S. provider directory
- ✓ Research summaries
- ✓ Educational resources
- ✓ Benefits and risks
- ✓ Frequently asked questions
- ✓ Information to discuss with your physician



Scan to learn more

Radiant Joint Alliance

Email: contact@radiantjointalliance.org

Instagram: [@radiantjointalliance](https://www.instagram.com/radiantjointalliance)

Website: RadiantJointAlliance.org