

**Limited evidence for intra-articular corticosteroids in knee osteoarthritis**

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<b>Clinical Question</b>	How effective are intra-articular corticosteroids (IACs) in people with knee osteoarthritis (OA)?
<b>Bottom Line</b>	Compared to sham or no intervention, IACs may result in a moderate improvement in pain and a small improvement in physical function measured at one to six weeks. The effects decreased over time, and there was no evidence that an effect remained after six months. Those receiving IACs as treatment had a similar number of side effects to those receiving placebo, but the information was neither precise nor reliable.
<b>Caveat</b>	Most of the studies were small and hampered by low methodological quality. A single trial described adequate measures to minimise biases and did not find any benefit from IACs.
<b>Context</b>	Knee OA is a leading cause of chronic pain, disability and decreased quality of life. Despite the long-standing use of IACs, there is ongoing debate about their benefits and safety.
<b>Cochrane Systematic Review</b>	<a href="#">Juni P et al. Intra-articular corticosteroid for knee osteoarthritis. Cochrane Reviews, 2015, Issue 10. Art. No.: CD005328.DOI: 10.1002/14651858.CD005238.pub3.</a> This review contains 27 studies involving 1,767 participants.

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