



Low-Dose Radiation Therapy (LDRT) for Osteoarthritis

Low-Dose Radiation Therapy (LDRT) offers a proven, non-surgical option for painful osteoarthritis. LDRT can reduce pain, possibly improve mobility, and may help delay or avoid joint replacement surgery — with minimal side effects and no recovery time.

Who Is A Good Candidate?

- Mild to moderate OA in knees, hips, shoulders, hands, elbows or feet despite NSAIDs, physical therapy, or steroid injections
- Age: 50 or older

What Is Treatment Like?

- Treatment is painless and non-invasive
- Schedule: 6 outpatient visits over 3 weeks (2 to 3×/week)
- Each visit: < 10 minutes including setup — no anesthesia or fasting needed
- No special prep: Eat, drink, drive normally; continue all medications
- Timeline: Relief often starts in 3 to 6 weeks, and improves up to 12 weeks

Safety

- Possible: Temporary mild pain flare in week 1 to 2 (self-limiting inflammatory response)
- Uncommon: Mild skin redness or fatigue during/after treatment
- Future surgery remains possible, if needed



How to Get Started

1. Talk with your doctor (orthopedics or primary care) about whether LDRT is appropriate for your joint pain.
2. If suitable, ask for a referral to Radiation Oncology for an LDRT consultation.
3. Call Radiation Oncology to schedule:
760-674-3600



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Radiation
Oncology