

Dear Colleague,

We are writing to introduce an additional treatment option now available for patients experiencing persistent symptoms of osteoarthritis and other inflammatory joint conditions.

Low dose radiotherapy (LDRT) is a non-invasive modality that has been used in Europe for decades to help reduce inflammation and manage joint pain. While more commonly associated with cancer care, when delivered at very low doses, radiotherapy has been shown to have an anti-inflammatory effect that may improve pain and mobility in musculoskeletal conditions.

Recent international data, including a randomised controlled trial presented at ASTRO 2025, demonstrated that LDRT provided statistically significant improvements in pain and function in patients with mild to moderate knee osteoarthritis compared to sham treatment. Importantly, no radiation-related side effects were observed, and approximately 70% of participants receiving LDRT met standard responder criteria at four months.

LDRT may be suitable for patients who:

- Are aged 40 or older
- Have imaging-confirmed mild to moderate osteoarthritis (Kellgren-Lawrence Grade 2-3)
- Continue to experience symptoms despite structured conservative management (education, exercise, weight management)
- Are not yet candidates for surgery or prefer to delay surgical intervention

This treatment is not intended for individuals with advanced joint destruction or 'bone-on-bone' changes requiring joint replacement.

Patients are assessed through the **Pinpoint Radiotherapy Arthritis & Pain Clinic**, at one of our centralised assessment sites. If suitable, treatment is delivered at a radiotherapy centre within the Icon Cancer Centre network. Our team reviews imaging and clinical history to determine suitability. If appropriate, LDRT is delivered in six short, outpatient sessions across two to three weeks. We aim to communicate and coordinate care closely with referring GPs and specialists.

We welcome any questions and are happy to discuss whether LDRT may be suitable for your patients.

Kind regards,
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