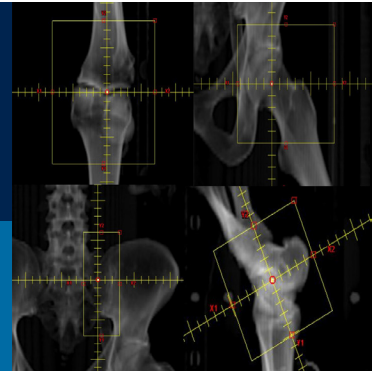


# Low-Dose Radiation Therapy (LDRT) for Osteoarthritis

A non-invasive, low-risk option for patients with painful degenerative joint disease



## WHAT IS LDRT?

Low-Dose Radiation Therapy (LDRT) is a well-established treatment used internationally for symptomatic osteoarthritis. It delivers very small doses of radiation to the affected joint to reduce inflammation and pain.

## WHO MAY BENEFIT?

- Symptomatic osteoarthritis confirmed on imaging
- Persistent pain despite conservative management
- Poor candidates for surgery or long-term NSAID/COX-2 inhibitor use
- Patients seeking a non-invasive treatment option

*Best responses are often seen earlier in the disease course.*

## TREATABLE JOINTS

- Hands
- Shoulders
- Elbows
- Hips
- Knees

## TREATMENT OVERVIEW

- Initial consultation with a Radiation Oncologist
- Prior joint imaging recommended before consultation
- Typical course: 6 treatments delivered twice weekly (e.g., Mon/Thu or Tue/Fri)
- Each visit lasts approximately 15–20 minutes
- Separate planning (“mapping”) session prior to treatment

## EFFECTIVENESS

- Most patients experience meaningful pain reduction
- Among responders, most maintain benefit for up to 2 years
- Treatment may be repeated if symptoms recur and clinically appropriate

## SAFETY & SIDE EFFECTS

- Temporary skin irritation over the treated area
- Transient increase in joint discomfort
- Very rare late-term secondary malignancy risk

*Overall, LDRT is low-risk and generally well tolerated.*

## DEPARTMENT CONTACT

Krshna Munoz, New Patient Coordinator  
▪ 415-353-9807 ▪ Krshna.Munoz@ucsf.edu

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## FOLLOW-UP

Patients should follow up with their referring or treating physician 8–12 weeks after completion to assess response and determine whether additional treatment is indicated.

## WHY REFER FOR LDRT?

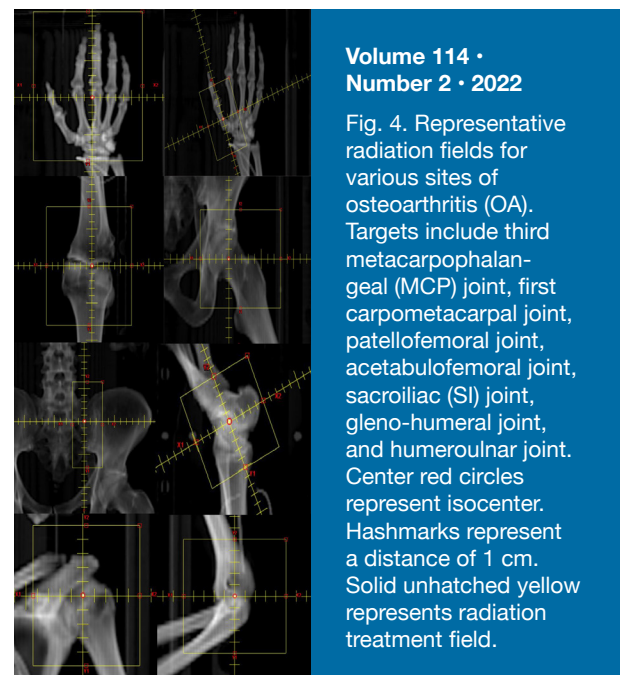
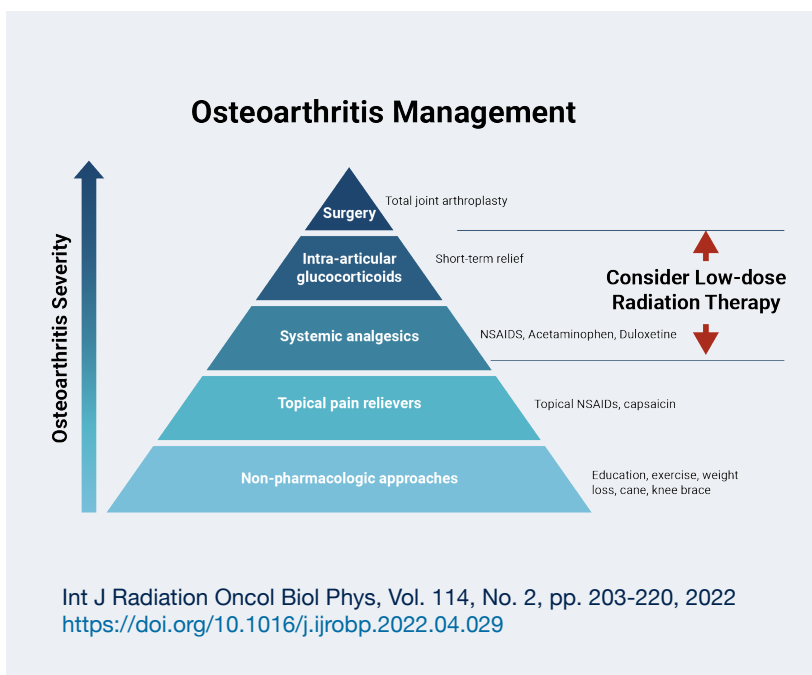
- Non-invasive
- Low toxicity
- Cost-effective compared with prolonged medication use or surgery
- Option for patients with limited therapeutic alternatives

## REFERRALS

Please refer patients for Radiation Oncology consultation to determine candidacy and coordinate imaging and insurance authorization. For questions or to discuss a specific patient, please contact our Radiation Oncology team.

### Placing an OA referral in Epic:

- **Referral type:** Referral to Radiation Oncology (REF95)
- **Department:** Either RAD ONC MZ DIVIS BASEMENT (Mount Zion) or RAD ONC PARN (Parnassus) or RAD ONC BOPC (Berkeley outpatient center)
- **Diagnosis:** Include joint and laterality
- **Reason for referral:** Please mention that this is for Osteoarthritis treatment
- **Department contact:** Krshna Munoz (New Patient Coordinator) can be reached at 415-353-9807 or Krshna.Munoz@ucsf.edu
- **CPT code for authorization purposes:** 99205



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