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## Treatment Options for Osteo-Arthritis

### 1. Activity Changes

- Avoid impact loading (i.e. jogging)
- Use of cushioned shoe inserts or cushioned athletic shoes
- Use of walking aids, such as a hiking stick
- Weight loss, if appropriate

### 2. Physical Therapy (Professional or on your own)

- Maintain range of motion of the joint, stretching of muscles
- Strengthening of adjacent muscles
- Aerobic exercise (walking, biking, swimming)
- Water exercises (in a pool or whirlpool)

### 3. Braces (for knees ONLY)

- Ace wraps
- Knee sleeves
- Unloading Brace

### 4. Medications

- Acetaminophen (Tylenol)
- Anti-inflammatory drugs (Advil, Aleve, or prescription)
- Topical Arthritis creams (Aspercreme)
- Glucosamine sulfate, chondroitin sulfate, MSM)

### 5. Injections

- Intra-articular cortisone
- Hyaluronate (Synvisc or Hyalgan)

### 6. Surgery

- Arthroscopy to smooth the cartilage
- Osteotomy (To better align bones)
- Joint Replacement
  - ♦ Total hip or knee
  - ♦ Uni-compartmental Knee (minimally invasive)