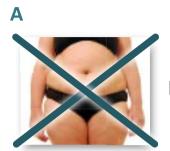
# Osteoarthritis - Treatment [1, 2, 3]

### **Protective actions**



Reduce any excess weight



Walk on level paths

Walk using an upright posture

Wear shoes with padded heels and if appropriate with axis-correcting inserts



Exercise without overloading (cycling, swimming etc.)

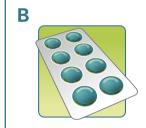
Do gymnastic exercises with relaxed muscles



Keep joints warm

If necessary use a walking stick on the opposite side

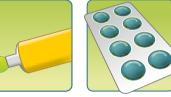
### **Conservative treatment**



Chondroprotectives (e.g. hyaluronic acid)



Pain gel for topical application



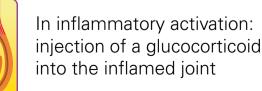
Painkillers



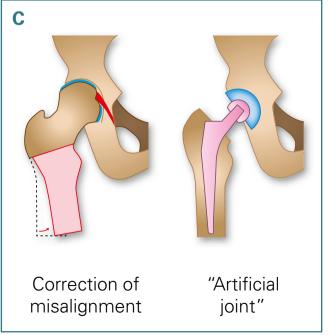
Physiotherapy



Physical therapy



# **Surgical procedures**



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# Osteoarthritis - Treatment [1, 2, 3]

#### A Protective actions

- Reduce any excess weight (lowers the mechanical load)
- Maintain physical activity without overloading or over-exertion (e.g. cycling or swimming improves nutrient supply to cartilage through alternating loading and relaxation)
- Perform gymnastic exercises regularly with relaxed muscles
- > Walk on level paths
- > Walk using an upright posture
- > Wear shoes with padded heels (reduces load on joints)
- Xeep joints warm (microclimate)
- If appropriate, use a walking stick on opposite side (relieves pain)

#### **B** Conservative treatment

Chondroprotectives are thought to inhibit substances that break down cartilage, and lead to regeneration of cartilage and inhibition of inflammation.

Topical non-steroidal anti-inflammatory drugs (pain gel) and non-opioid oral active substances are used as painkillers. If these are not sufficiently effective, opioids are used.

Effective pain therapy is of great significance in order to prevent pain becoming chronic.

In activated osteoarthritis (inflamed synovial membrane), a glucocorticoid may be injected into the joint (intraarticularly).

Physiotherapy is aimed at relieving pain in the joints, removing the restrictions on movement and improving the nutrient supply to the joints.

Physical therapy measures primarily include cold and heat therapy, electrotherapy and massage.

## **C** Surgical procedures

The original cause of osteoarthritis may be removed by correcting misalignments.

The decision to implant an artificial joint (endoprosthesis) depends among other things on the extent of the joint changes, the severity of symptoms and the patient's age.

<sup>[1]</sup> Zhang W et al. Osteoarthritis Cartilage (2008) 16(2): 137-162.

<sup>[2]</sup> Zhang W et al. Osteoarthritis Cartilage (2010) 18: 476-499.

<sup>[3]</sup> Hochberg MC et al. Arthritis Care Res (Hoboken) (2012) 64(4): 465-474.