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Osteoarthritis
Treatment Algorithm
Medial / Lateral / Patellofemoral / Tricompartmental



Activity modification

Stop running
Limit impact activities
Reduce repetitive forces

Increase activities such as biking, swimming and low impact sports
Increase walking



Medication

<u>Supplements</u>

Tumeric

Glucosamine Chondrotin

<u>NSAIDs</u>

- Ibuprofen (6h)
- Naproxen (12h)

<u>Prescriptions</u>

- Celebrex
- Meloxicam (24h)



Therapy

Home Physician Directed Program

Formal Physical Therapy

"Fun" Therapy

- Gym
- Yoga
- Pilates
- Bike
- Swim



Braces

Unloader

Simple hinge

Patellar stabilizer

Springloaded

Compression Sleeve



Assistive Walking Devices

Hiking poles

Cane

Walker

Wheelchair



Injections

Corticosteroid injections:

anti-inflammatory

<u>Viscosupplemenation:</u>

Gel/lubricant

Platelet Rich Plasma

<u>Orthobiologics:</u>

<u>Amnio</u>

<u>Adipose</u>



Surgery

Joint preservation

Arthroscopy

Arthroplasty

- Patellofemoral joint replacement (PFJ)
- <u>Unicompartmental</u> joint replacement (partial)
- Total knee replacement