MANAGEMENT OF OSTEOARTHRITIS

1. **CORE TREATMENT**
   - Exercise
   - Weight reduction
   - Education

2. **CONSIDER**
   - Acetaminophen ± topical NSAID gel
   - Assisted devices (splints, insoles)
   - Heat and cold therapy
   - Transcutaneous electrical nerve stimulation
   - Acupuncture
   - Intra-articular steroid injection

3. **ASSESS GASTROINTESTINAL AND CARDIOVASCULAR RISK**
   - Suggested cardiovascular threshold <20% 10-year risk without absolute contraindications
   - Hepatic and renal profile
   - No ASA use

4. **NSAID CONTRAINDICATION**
   - Opioids (weak opioids, such as tramadol, preferred to strong opioids)

5. **OPTIONAL TREATMENT**
   - Oral NSAIDs
     - nsNSAID + PPI
     - Coxib (coxin + PPI for those with higher gastrointestinal risk)
     - Consider impact of ASA co-prescribed with nsNSAIDs/coxibs

   - Opioids (weak opioids, such as tramadol, preferred to strong opioids)
   - Surgery

**ASA** = acetylsalicylic acid; **coxib** = COX-2-specific inhibitor; **NSAID** = non-steroidal anti-inflammatory drug;
**nsNSAID** = non-specific non-steroidal anti-inflammatory drug; **PPI** = proton pump inhibitor