







Osteoarthritis (OA) is the most common type of arthritis. It is caused by wearing away of the cartilage covering the ends of the bone. This can result in the bones rubbing against each other, causing pain, warmth, and swelling. Osteoarthritis is more common as we get older and usually starts in our 50s or 60s. It is also more common in joints that have been injured.

#### NON-PHARMACOLOGICAL TREATMENT



##### Weight Control

For every pound of weight loss, the pressure on your joints decreases 3 to 4 times.



##### Physiotherapy

Improve strength and range of motion.



##### Gait Aids

Cane (hold in opposite hand to the sore joint), two-wheeled walker, four-wheeled walker, or rollator.



##### Activity Modification

Avoid high impact or aggravating activities.



##### Heat and Ice

Be sure to protect your skin from prolonged exposure to ice and/or heat (no more than 15 minutes)



##### Brace

Unloader or Neoprene

#### PHARMACOLOGICAL TREATMENT



##### Intra-Articular Treatment (Injection)

- Steroid (Cortisone)
- Visco-supplementation ("Gel")



##### Oral Medications

- Analgesics (e.g. Acetaminophen)
- Anti-inflammatories (e.g. Ibuprofen)
- Non-steroidal anti-inflammatories (e.g. Naproxen)



##### Topical Treatment (Ex. Pennsaid)

Topical anti-inflammatories penetrate the skin barrier to deliver medication to the site of pain.

Speak to your family physician and/or pharmacist about specific dosing and possible side effects.

