

Osteoarthritis Interventions

Osteoarthritis (OA) is the most common form of joint disorder. It is a slowly progressive noninflammatory disorder also known as degenerative joint disease (DJD). Loss of articular cartilage combined with new bone formation leads to pain and deformity. There is no cure; however, goals of care include management of pain and inflammation, improving joint function, and preventing disability.



PLAY PICMONIC

Lifestyle Modifications

Balance Rest and Activity

[Balancing Rest and Activity](#)

Patients should balance rest and activity throughout the day to relieve fatigue and pain. During acute inflammation, patients will need rest, but should limit it to no longer than 1 week to prevent joint stiffness and immobility.

Therapeutic Exercise

[Therapeutically-massaging Exercise-machine](#)

Aerobic conditioning, range-of-motion exercises, and muscle strengthening has proven beneficial for many patients with OA. Additionally, overweight patients should be encouraged to lose weight. The use of complementary therapies, such as yoga, Tai Chi, TENS, and acupuncture may be helpful for some patients.

Heat and Cold Applications

[Flame and Ice Applied](#)

To aid in relieving pain and stiffness, heat and cold applications can be used. Heat therapy is used more often, while ice is occasionally used in the event of acute inflammation.

Drug Therapy

Intra-articular Injection

[In-article Injection](#)

Intra-articular injections of corticosteroids may be used for patients with local inflammation and effusion. Another option is hyaluronic acid, a viscosupplementation, normally found in joint fluid and articular cartilage.

NSAIDs

[N-sad](#)

While acetaminophen can be used for pain management, those with moderate to severe OA pain or joint inflammation may find better relief from a nonsteroidal antiinflammatory drug (NSAID). Patients often begin with over-the-counter strengths and may require increases in dosage as symptoms indicate.

Considerations

Reconstructive Joint Surgery

[Construction-worker Reconstructing Joint](#)

In some cases, surgical treatment is needed to provide pain relief and improve the function of deformed joints. Reconstructive joint surgery may involve removal of the joint lining (synovectomy) or total joint replacement (arthroplasty).