



Osteoarthritis

The Most Common Joint Problem

64th Annual NMAFP Family Medicine Seminar

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Objectives

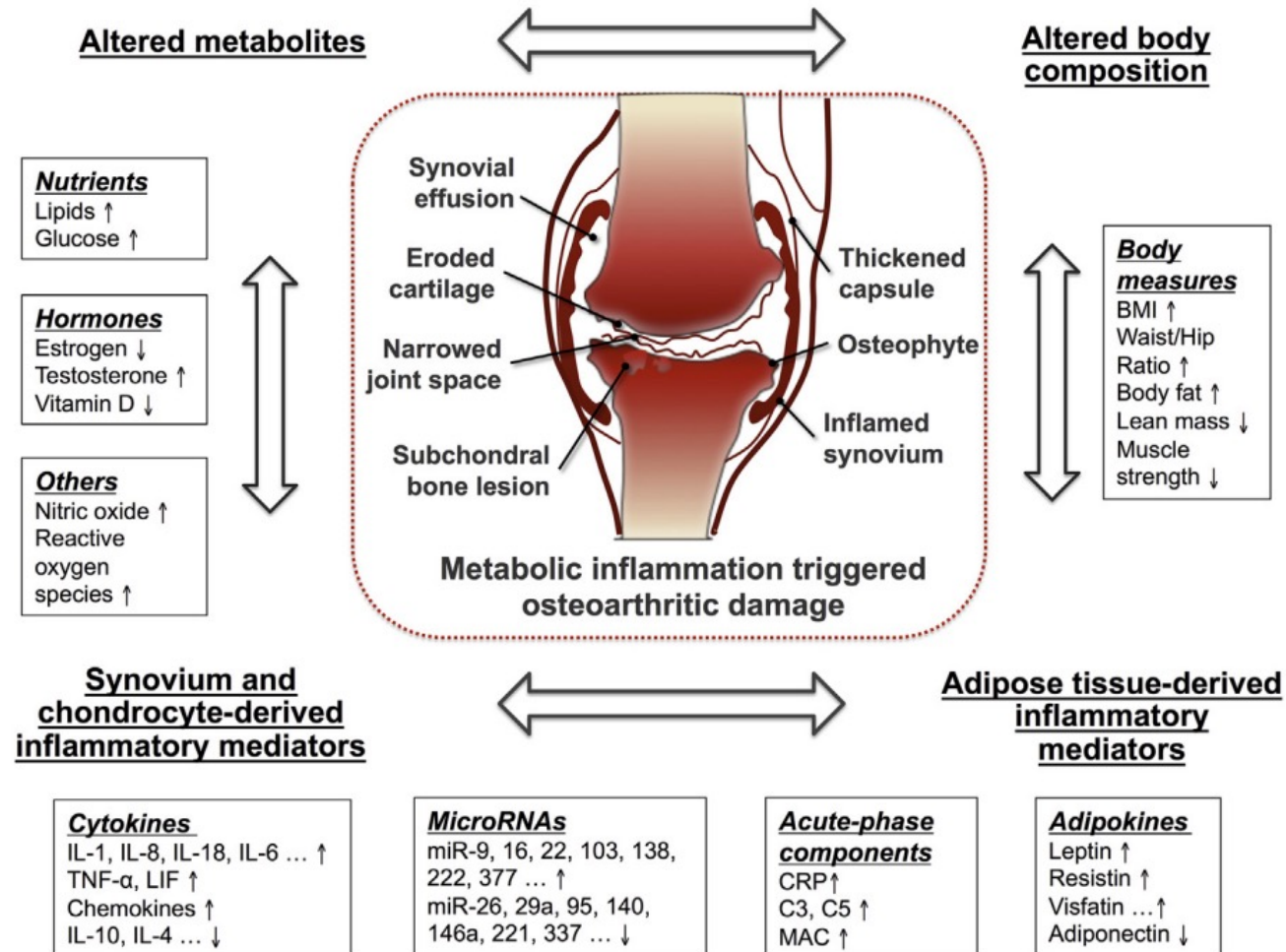
1. Attendees will be able to identify the modifiable and non-modifiable risk factors for osteoarthritis and make patient-centered recommendations at decreasing risk of OA and non-surgical management of OA.
2. Attendees will be able to determine diagnostic criteria for osteoarthritis and when to suspect a different etiology.
3. Attendees will feel comfortable with when to refer a patient to specialists for various MSK complaints and understand contraindications to surgery or when not to refer patients.



Epidemiology and Risk Factors

Pathophysiology

X. Wang et al. / Osteoarthritis and Cartilage 23 (2015) 22–30



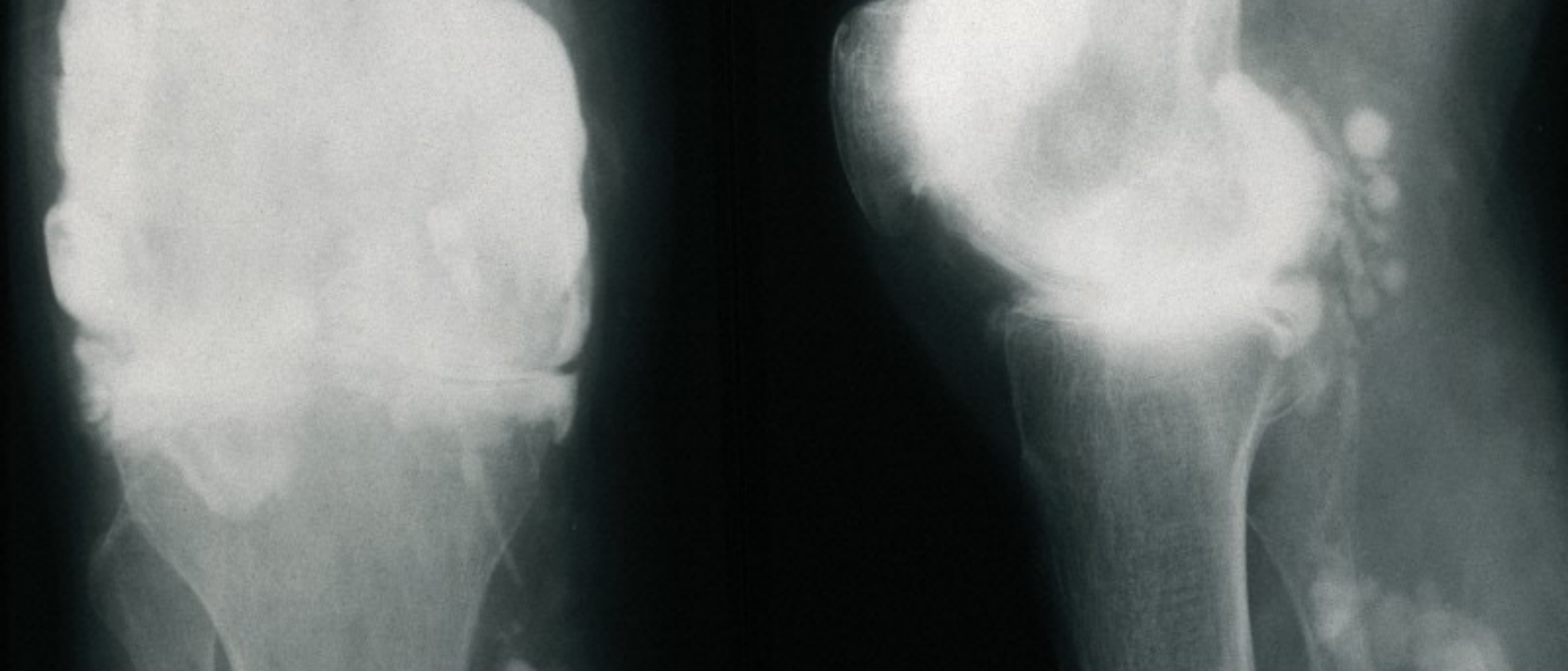


Prevention/Risk
Modification

Clinical Features and Diagnosis



The Kellgren-Lawrence radiographic grading criteria. (A) Grade 1, doubtful narrowing of joint space and possible osteophytic lipping. (B) Grade 2, definite osteophytes and possible narrowing of joint space. (C) Grade 3, moderate multiple osteophytes, definite narrowing of joints space, some sclerosis and possible deformity of bone contour. (D) Grade 4, large osteophytes, marked narrowing of joint space, severe sclerosis and definite deformity of bone contour.



Differential Diagnosis

R

Non-Operative Management: An Evidenced Based Review

- American Academy of Orthopaedic Surgeons Management of Osteoarthritis of the Knee (Non-Arthroplasty) Evidence-Based Clinical Practice Guideline. August 31, 2021
- Osteoarthritis and Cartilage Research Society International “OARSI guidelines for the non-surgical management of *knee, hip, and polyarticular osteoarthritis*;” Osteoarthritis and Cartilage, 2019.
- American College of Rheumatology/Arthritis Foundation Guideline for the Management of Osteoarthritis of the Hand, Hip, and Knee. Arthritis Care Res, 2019.

Non-Operative Management: Lifestyle

- Supervised Exercise/Physical Therapy



Non-Operative Management: Lifestyle

Patient Education
and Self
Management

Cognitive Behavioral
Therapy



Self-Management Skills

Non-Operative Management: Lifestyle

Weight Loss



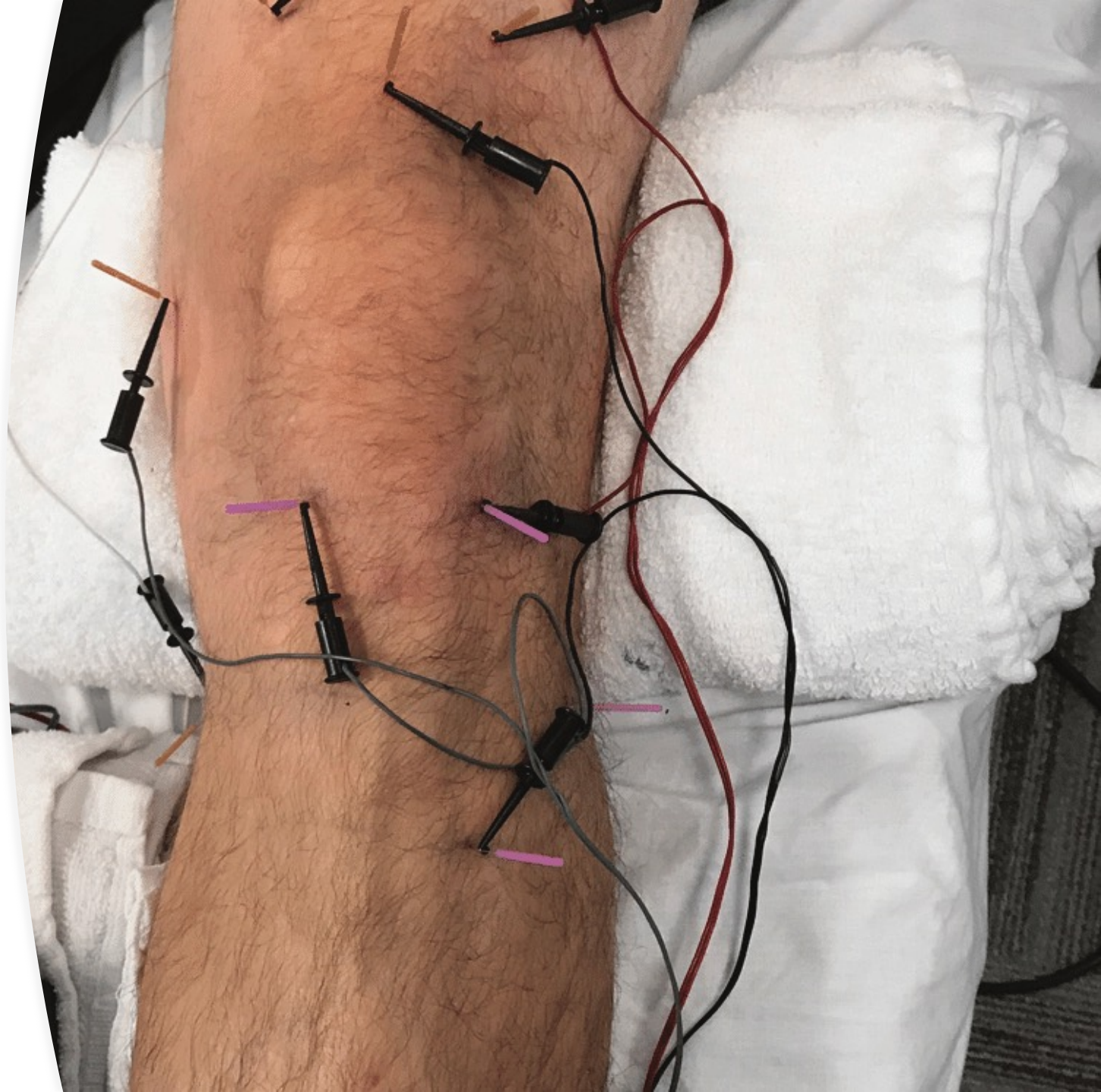
Non-Operative Management: Lifestyle

- Mind Body (Yoga, Thai Chi)



Non-Operative Management: Manual Therapy

- Massage Therapy
- Acupuncture
- Dry Needling
- Laser Therapy
- Transcutaneous Electrical Nerve Stimulation
- Percutaneous Electrical Nerve Stimulation
- Extracorporeal Shockwave Therapy



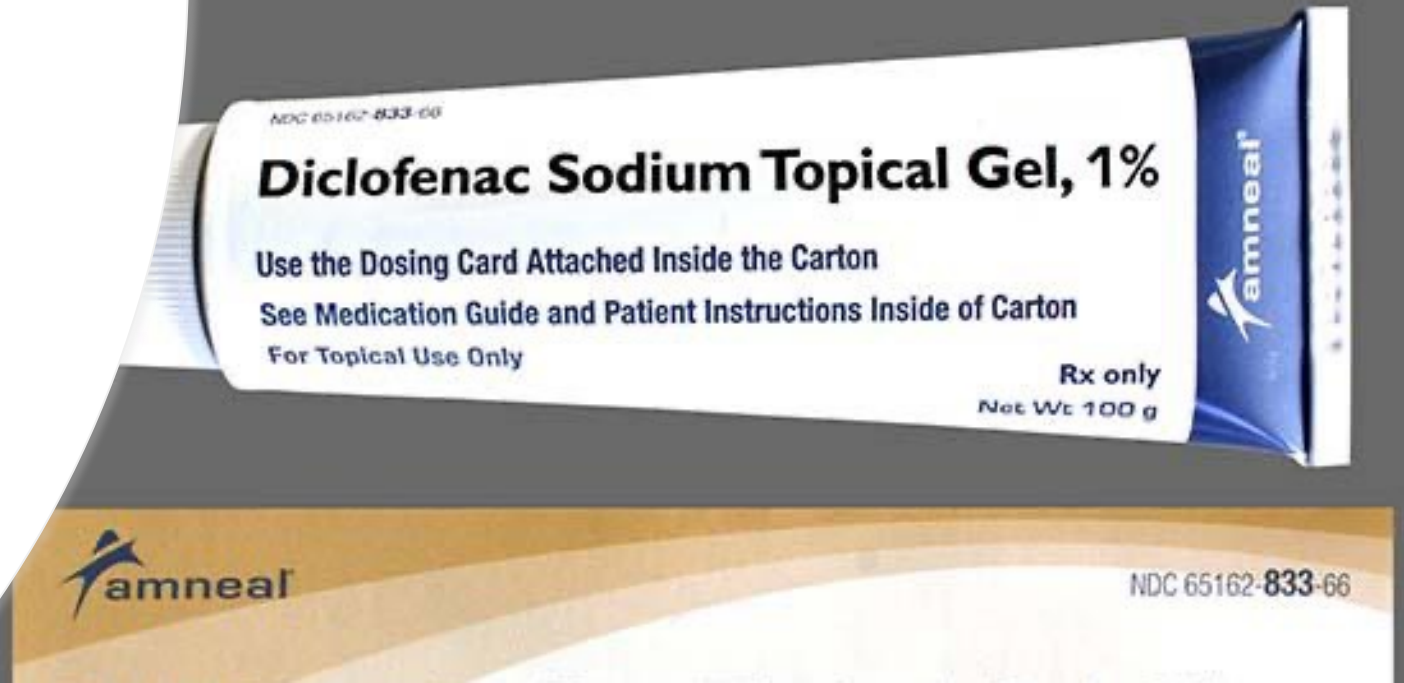
Non-Operative Management: Assistive devices/Braces

- Knee Brace
- Cane
- CMC Orthosis
- Lateral Wedge insoles (Knee OA)
 - Strong AAOS



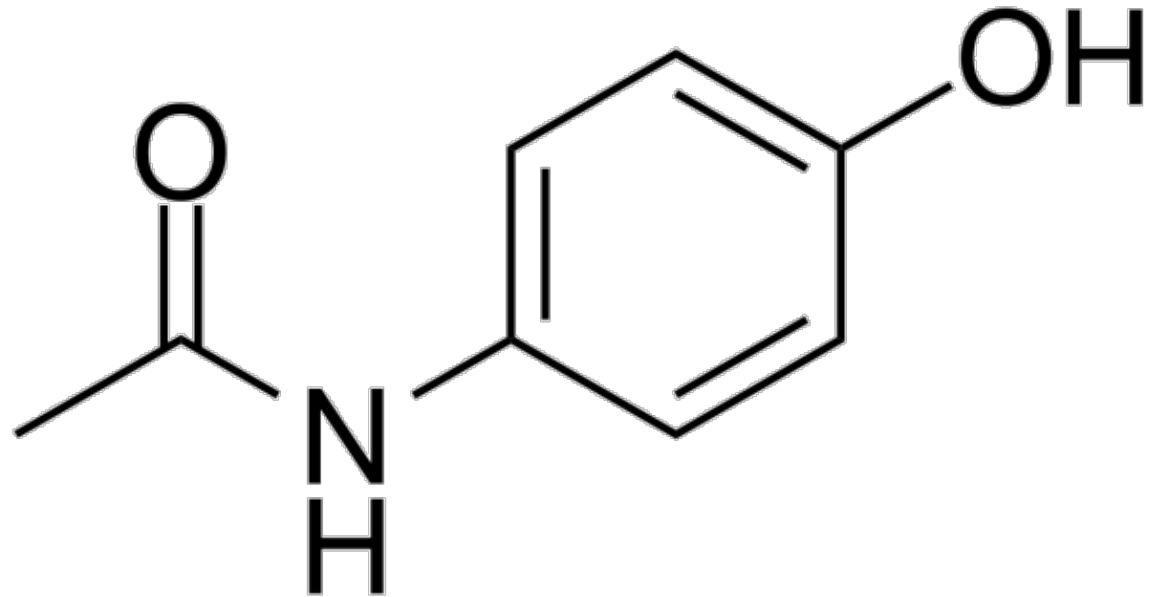
Non-Operative Management: Pharmacologic

- Topical NSAIDS
- NSAIDS



Non-Operative Management: Pharmacologic

Acetaminophen





Non-Operative Management: Pharmacologic

Duloxetine



Non-Operative Management: Pharmacologic

Oral Narcotics



Non-Operative Management: Pharmacologic

- Supplements/Herbals
 - Glucosamine Chondroitin
 - Turmeric
 - Ginger Extract
 - Vitamin D



Non- Operative Management: Injections

Corticosteroids



Non-Operative Management: Injections

- Hyaluronic Acid



Non-Operative Management: Injections

- PRP
- Stem Cells





Non- Arthroplasty Surgery for OA

- Lavage/Debridement
- Partial Meniscectomy

Best Practices for Osteoarthritis Management

- Patient Education, disease expectations
- Physical Therapy/Supervised Exercise, Exercise
- Mind Body Interventions
- Weight loss if overweight
- NSAIDS/Tylenol pending comorbidities
- Intra-articular Corticosteroids for short term pain management

Referral for Total Joint Arthroplasty



Knee arthritis



Total Knee Replacement

Questions?



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