



Michigan Quality Improvement Consortium Clinical Practice Guideline Update Alert

Guideline: [Medical Management of Adults with Osteoarthritis](#)

Released: August 2017

This alert provides a brief summary of updated recommendations. Refer to the complete guideline for all recommendations and level of evidence.

Updated recommendations include:

Non-pharmacologic modalities

Multi-faceted individualized treatment plan should include:

- Education and counseling regarding weight reduction and joint protection
- Range-of-motion, aerobic and muscle strengthening exercises, aquatic exercises
- For patients with functional limitations, consider physical and occupational therapy, manual medicine
- Self-management resources (e.g., [American Arthritis Foundation self-help tools and resources](#))

For select patients:

- Assistive devices for ambulation and activities of daily living

All Pharmacologic Therapy

Refer to guideline for all recommendations including:

Nonacetylated salicylate, intra-articular drugs (such as glucocorticoids, anesthetics), topical preparations such as methylsalicylate or capsaicin. Prescription topicals are costly. Avoid use of opioids including tramadol. If used, limit to 72 hours.