

The 2022 update to the NICE guidance on osteoarthritis (<https://www.nice.org.uk/guidance/ng226>) adds a new emphasis on non-pharmacological management, reserving pharmacological management for short term management and increasing the ability of patients to engage in therapeutic exercise. This graphic shows a summary of the management strategies now recommended, highlighting the changes.



Person with activity-related joint pain

45 years or older

Morning joint-related stiffness:

None or Lasts no longer than 30 minutes

Diagnose osteoarthritis clinically without imaging, unless there are atypical features or features that suggest an alternative or additional diagnosis

Orange boxes show changes between the new (2022) and previous (2014) NICE guidance

Non-pharmacological management

Exercise

Offer therapeutic exercise tailored to patients' needs

Consider combining with an education programme or behaviour change approaches

Consider supervised exercise sessions

Weight management

If living with overweight or obesity:

Support them to choose a weight loss goal

Advise them of the benefits of weight loss

Explain that any weight loss is likely to be beneficial, but that losing 10% is likely to be better than 5%

Manual therapy

Consider manual therapy alongside therapeutic exercise

But only for people with hip or knee osteoarthritis

Devices

Consider walking aids for people with lower limb osteoarthritis

Information and support

Tailor information to patient needs, and provide in an accessible format

Signpost to information on:

The condition

Specific types of exercise

Managing symptoms

Accessing other information and support

Benefits and limitations of treatment

Do not offer

Acupuncture or dry needling

Electrotherapy

Insoles, braces, tape, splints or supports, unless certain scenarios are fulfilled†

Pharmacological management

Pharmacological treatment should be seen as short term therapy to facilitate maximum function and engagement with non-pharmacological treatments

Use the lowest effective dose for the shortest possible time

Review with the person whether to continue treatment

Topical NSAIDs*

Offer for knee osteoarthritis

Consider for osteoarthritis that affects other joints

Oral NSAIDs*

Consider if topical medicines are ineffective or unsuitable, alongside a gastroprotective treatment

Do not offer

No longer considered as a first line treatment



Paracetamol



Weak opioids

Unless:

Used infrequently for short term pain relief

All other treatments are ineffective or unsuitable

Do not offer



Strong opioids



Glucosamine



Intra-articular hyaluronan

Consider

Intra-articular corticosteroid

for short term relief when other pharmacological treatments are ineffective or unsuitable

Referral for joint replacement

Consider referring people with hip, knee, or shoulder osteoarthritis for joint replacement if:

joint symptoms are substantially impacting their quality of life

and

Other management is ineffective or unsuitable

Do not exclude people with osteoarthritis from referral for joint replacement because of:

Age

Sex or gender

Smoking

Comorbidities

Overweight or obesity

* NSAID = non-steroidal anti-inflammatory drug

† See full guidance for further details



Shoulder Osteoarthritis Diagnosis And Management

**César Fernández-de-las-Peñas, Jeremy
Lewis**



Shoulder Osteoarthritis Diagnosis And Management:

Osteoarthritis, Diagnosis and Management Roland W. Moskowitz, 1984 *Principles of Orthopedic Practice for Primary Care Providers* Jeffrey N. Katz, Cheri A. Blauwet, Andrew J. Schoenfeld, 2017-12-18 Primary care providers physicians nurse practitioners physician assistants make decisions on a daily basis regarding treatments for musculoskeletal problems including referrals to physical therapists orthopedic surgeons and other specialists Despite the large number of patients presenting with musculoskeletal complaints primary care providers often feel poorly educated about how to assess and manage these patients This book provides a high yield and succinct resource on the assessment and management of these conditions Written by expert orthopedic specialists at a major Harvard teaching hospital this book fills that educational gap Chapters overview specific body parts typical presentations of disease options for diagnostic testing treatment paradigms and anticipated outcomes of management both in the primary care setting and with a specialist The text offers suggested pathways for working up and treating these problems with an emphasis on when referral to a specialist or surgical intervention is needed and when it is not This is an ideal resource to educate primary care providers and empower them to engage in informed discussions with patients helping patients to arrive at treatment choices consonant with their preferences

Rehabilitation of the Hand and Upper Extremity, 2-Volume Set E-Book Terri M. Skirven, A. Lee Osterman, Jane Fedorczyk, Peter C. Amadio, 2011-02-10 With the combined expertise of leading hand surgeons and therapists *Rehabilitation of the Hand and Upper Extremity* 6th Edition by Drs Skirven Osterman Fedorczyk and Amadio helps you apply the best practices in the rehabilitation of hand wrist elbow arm and shoulder problems so you can help your patients achieve the highest level of function possible This popular unparalleled text has been updated with 30 new chapters that include the latest information on arthroscopy imaging vascular disorders tendon transfers fingertip injuries mobilization techniques traumatic brachial plexus injuries and pain management An expanded editorial team and an even more geographically diverse set of contributors provide you with a fresh authoritative and truly global perspective while new full color images and photos provide unmatched visual guidance Access the complete contents online at www.expertconsult.com along with streaming video of surgical and rehabilitation techniques links to Pub Med and more Provide the best patient care and optimal outcomes with trusted guidance from this multidisciplinary comprehensive resource covering the entire upper extremity now with increased coverage of wrist and elbow problems Apply the latest treatments rehabilitation protocols and expertise of leading surgeons and therapists to help your patients regain maximum movement after traumatic injuries or to improve limited functionality caused by chronic or acquired conditions Effectively implement the newest techniques detailed in new and updated chapters on a variety of sports specific and other acquired injuries and chronic disorders Keep up with the latest advances in arthroscopy imaging vascular disorders tendon transfers fingertip injuries mobilization techniques traumatic brachial plexus injuries and pain management See conditions and treatments as they appear in practice thanks to

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Osteoarthritis, Diagnosis and Medical/surgical Management Roland W. Moskowitz,1992 Aims to provide new insights and concepts of rapid changes in the fields This reference provides clinical diagnostic medical and surgical aspects of peripheral joint osteoarthritis and degenerative diseases of the spine Now discusses orthopaedic surgical diagnostic and therapeutic procedures *Primary Care - E-Book* Terry Mahan Buttaró,Patricia Polgar-Bailey,Joanne Sandberg-Cook,JoAnn Trybulski,2012-03-01 Written by and for Nurse Practitioners from a unique collaborative perspective Primary Care A Collaborative Practice 4th Edition prepares you to provide care for all of the major disorders of adults seen in the outpatient setting Evidence based content reflects the latest guidelines for primary care of hundreds of conditions including hypertension diabetes and sexually transmitted infections Now in full color the 4th Edition includes chapters on emerging topics such as genetics obesity lifestyle management and emergency preparedness Combining a special blend of academic and clinical expertise the author team provides a practical text reference that promotes a truly collaborative primary care practice Comprehensive evidence based content incorporates the latest standardized guidelines for primary care in today's fast paced collaborative environment Unique A collaborative perspective reflecting the key roles of NPs MDs PAs PharmDs and others promotes seamless continuity of care A consistent format from chapter to chapters facilitates learning and clinical reference value Diagnostics and Differential Diagnosis boxes provide a quick reference for diagnosing disorders and helping to develop effective management plans Physician Consultation icons highlight situations or conditions in which consultation is either recommended or necessary Emergency Referral icons identify signs and symptoms that indicate the need for immediate referral to an emergency facility Co management with Specialists discussions help you provide truly collaborative care in the outpatient setting Complementary and alternative therapies are addressed where supported by solid research evidence **The Shoulder** César Fernández-de-las-Peñas,Jeremy Lewis,2022-03-21 The Shoulder Theory Practice presents a comprehensive fusion of the current research knowledge and clinical expertise that will be essential for any clinician from any discipline who is involved with the assessment management and rehabilitation of musculoskeletal conditions of the shoulder This book is a team project led by two internationally renowned researchers and clinicians Jeremy Lewis and César Fernández de las Peñas Other members of the team include over 100 prominent clinical experts and researchers All are at the forefront of contributing new knowledge to enable us to provide better care for those seeking support for their shoulder problem The team also comprises the voices of patients with shoulder problems who recount their experiences and provide clinicians with important insight into how better to communicate and manage the needs of the people who seek advice and guidance The contributing authors include physiotherapists physical therapists medical doctors orthopedic surgeons

psychologists epidemiologists radiologists midwives historians nutritionists anatomists researchers rheumatologists oncologists elite athletes athletic trainers pain scientists strength and conditioning experts and practitioners of yoga and tai chi The cumulative knowledge contained within the pages of The Shoulder Theory Practice would take decades to synthesise The Shoulder Theory Practice is divided into 42 chapters over three parts that will holistically blend as the title promises all key aspects of the essential theory and practice to successfully support clinicians wanting to offer those seeing help the very best care possible It will be an authoritative text and is supported by exceptional artwork photographs and links to relevant online information

Rehabilitation of the Hand and Upper Extremity, E-Book Terri M. Skirven, A. Lee Osterman, Jane Fedorczyk, Peter C. Amadio, Sheri Felder, Eon K Shin, 2020-01-14 Long recognized as an essential reference for therapists and surgeons treating the hand and the upper extremity *Rehabilitation of the Hand and Upper Extremity* helps you return your patients to optimal function of the hand wrist elbow arm and shoulder Leading hand surgeons and hand therapists detail the pathophysiology diagnosis and management of virtually any disorder you're likely to see with a focus on evidence based and efficient patient care Extensively referenced and abundantly illustrated the 7th Edition of this reference is a must read for surgeons interested in the upper extremity hand therapists from physical therapy or occupational therapy backgrounds anyone preparing for the CHT examination and all hand therapy clinics Offers comprehensive coverage of all aspects of hand and upper extremity disorders forming a complete picture for all members of the hand team surgeons and therapists alike Provides multidisciplinary global guidance from a Who's Who list of hand surgery and hand therapy editors and contributors Includes many features new to this edition considerations for pediatric therapy a surgical management focus on the most commonly used techniques new timing of therapeutic interventions relative to healing characteristics and in print references wherever possible Features more than a dozen new chapters covering Platelet Rich Protein Injections Restoration of Function After Adult Brachial Plexus Injury Acute Management of Upper Extremity Amputation Medical Management for Pain Proprioception in Hand Rehabilitation Graded Motor Imagery and more Provides access to an extensive video library that covers common nerve injuries hand and upper extremity transplantation surgical and therapy management and much more Helps you keep up with the latest advances in arthroscopy imaging vascular disorders tendon transfers fingertip injuries mobilization techniques traumatic brachial plexus injuries and pain management all clearly depicted with full color illustrations and photographs

Athletic and Sport Issues in Musculoskeletal Rehabilitation David J. Magee, Robert C. Manske, James E. Zachazewski, William S. Quillen, 2010-10-21 Part of David J Magee's Musculoskeletal Rehabilitation Series *Athletic and Sport Issues in Musculoskeletal Rehabilitation* provides expert insight and clear rehabilitation guidelines to help you manage injuries and special medical needs unique to athletic clients Contributions from leading physical therapists athletic trainers and orthopedic surgeons give you a comprehensive clinically relevant understanding of common sports related injuries and help you ensure the most effective therapeutic outcomes Addresses a broad range of sports related

injuries and conditions Reinforces key concepts with highlighted content and hundreds of detailed illustrations Summarizes essential information for fast easy reference in class or in clinical settings *Arthroscopy and Endoscopy of the Shoulder* Tun Hing Lui,2023-01-17 This book provides detailed advancement endoscopy and arthroscopy procedures of shoulder It covers basic knowledge of procedures and dedicated introduction of surgical techniques for treatment of shoulder diseases with better surgical outcome and less surgical morbidity Endoscopic and arthroscopic procedures with their advantage in surgical exposure and post operative rehabilitation have been extensively performed in orthopedic diseases Cases presentation with well illustrated arthroscopic and endoscopic photos for common clinical conditions was provided The format is a step by step procedure for easy reference particularly for surgeons in their training **Primary Care** Terry Mahan Buttaró,1999 Written specifically for nurse practitioners this unique comprehensive primary care reference provides concise yet thorough information that primary care providers need in today s fast paced collaborative environment PRIMARY CARE A COLLABORATIVE PRACTICE is based on a body systems framework and covers a multitude of adult disorders and related issues including barotrauma rehabilitation and domestic violence Arranged alphabetically for easy reference each disorder is discussed from a primary care perspective with the information and approach necessary to care for adult patients in a caring cost effective manner A variety of contributors include nurse practitioners doctors physician assistants respiratory technicians and nurses from all over the country Written for nurse practitioners by nurse practitioners doctors physician assistants technicians and nurses from all over the country reflecting the true nature of today s collaborative practice and a nationwide appeal Organized alphabetically by body system for fast and easy reference Includes an 8 page full color plate section with high quality photos of physical findings Concisely but thoroughly analyzes the multitude of problems encountered in primary care Covers disorders and issues not usually found in primary care textbooks including barotrauma domestic violence rehabilitation and lactation Thoroughly covers cardiac conditions and office emergencies areas usually given limited coverage in primary care texts Includes lifestyle assessment a discussion on collaborative practice and an extensive lifespan section which covers issues ranging from adolescence to geriatrics Written clearly and concisely for easy yet thorough referencing Includes an easy to find special icon and indications for those conditions that need immediate referral to a specialist or hospital Features Diagnostic and Differential Diagnosis boxes for easy quick reference to aid in test selection and diagnosis Includes specific information on co management of complex conditions with specialists or physicians Incorporates patient education guidelines for each condition to enhance nurse practitioners ability to counsel patients

The Nursing Process in the Care of Adults with Orthopaedic Conditions Leona A. Mourad,Millie M. Droste,1988 Covering the many changes that have occurred in the delivery of medical and nursing care this new edition offers the nurse or student quick access to clinical information and guidance that emphasizes safe efficient professional practice The presentation is visually appealing and logically arranged The authors provide details of specific nursing diagnoses including assessments

expected outcomes and interventions and discuss discharge teaching and home care All orthopaedic procedures are given in a step by step format for easy access Healing Arthritis the Natural Way Luke Bucci,1997 Practical Rheumatology John H. Klippel,1995 **The Journal of Musculoskeletal Medicine** ,1997 *Practical Care of the Ambulatory Patient* Barry M. Stults,Willard H. Dere,1989 This concise detailed text provides in depth coverage of the most common ambulatory problems Chapters are organized by organ systems subdivisions focus on common problems It is diagnosis and treatment in a succinct format Operative Arthroscopy John B. McGinty,1991 **Osteoarthritis** Roland W. Moskowitz,2007 Written by the foremost experts this text is a comprehensive clinical reference on osteoarthritis Chapters review current information on the epidemiology etiopathogenesis and pathology of osteoarthritis the biochemistry and molecular and cell biology of articular cartilage and experimental models of osteoarthritis Major sections focus on clinical presentations roentgenologic and laboratory diagnosis and treatment including pharmacologic treatment intra articular therapy surgery arthroscopy and complementary and alternative medicine The authors discuss the indications outcomes and complications of various orthopaedic procedures Chapters present orthopaedic approaches to osteoarthritis of various joints the shoulder hand wrist elbow hip knee foot ankle and cervical thoracic and lumbar spine *Orthopaedic Examination, Evaluation, and Intervention* Mark Dutton,2008-02-24 A complete evidence based guide to orthopaedic evaluation and treatment Acclaimed in its first edition this one of a kind well illustrated resource delivers a vital evidence based look at orthopaedics in a single volume It is the ultimate source of orthopaedic examination evaluation and interventions distinguished by its multidisciplinary approach to PT practice Turn to any page and you ll find the consistent unified voice of a single author a prominent practicing therapist who delivers step by step guidance on the examination of each joint and region This in depth coverage leads clinicians logically through systems review and differential diagnosis aided by decision making algorithms for each joint It s all here everything from concise summaries of functional anatomy and biomechanics to an unmatched overview of the musculoskeletal and nervous systems **Essentials of Pathophysiology** Christian E. Kaufman,Patrick A. McKee,1996 *Pain Free* Luke Bucci,Luke R. Bucci,1995 The definitive guide to healing arthritis low back pain and sports injuries through nutrition and supplements

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