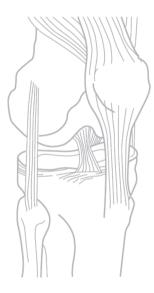
## **Non-Operative Management of Osteoarthritis**

- 1. Fish oil and/or glucosamine greater than or equal to 1500mg per day
- 2. Turmeric
- 3. Panadol or stronger analgesics
- 4. Anti-inflammatories
- 5. Activity modification
- 6. Brace
- 7. Physiotherapy/hydrotherapy/exercise
- 8. Weight loss
- 9. Rubs or topical gels; hot or cold packs
- 10. Walking aids
- 11. Injections



Dr Geoff Cooper | Ph: 9300 9369