

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

