



Management of Osteoarthritis (OA) of the Hand, Hip, and Knee Clinical Practice Guidelines (2020)

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- ▶ *The guidelines on management of osteoarthritis (OA) of the hand, hip, and knee were released on January 6, 2020, by the American College of Rheumatology (ACR) and the Arthritis Foundation (AF).*
- ▶ Physical, Psychosocial, and Mind-Body Approaches

▶ **Exercise**

- ▶ is **strongly** recommended for patients with knee, hip, and/or hand OA. Balance exercises are conditionally recommended for patients with knee and/or hip OA.

▶ **Weight loss**

- ▶ is **strongly** recommended for patients with knee and/or hip OA who are overweight or obese.

- ▶ **Tai chi**
- ▶ is **strongly** recommended for patients with knee and/or hip OA.

- ▶ **Yoga**
- ▶ is **conditionally** recommended for patients with knee OA.

▶ **Cane**

- ▶ use is **strongly** recommended for patients with knee and/or hip OA in whom disease in one or more joints is causing a sufficiently large impact on ambulation, joint stability, or pain to warrant use of an assistive device.

▶ **Tibiofemoral knee braces**

- ▶ are **strongly** recommended for patients with knee OA in whom disease in one or both knees is causing a sufficiently large impact on ambulation, joint stability, or pain to warrant use of an assistive device and who are able to tolerate the associated inconvenience and burden associated with bracing.

▶ **Patellofemoral braces**

- ▶ are **conditionally** recommended for patients with patellofemoral knee OA in whom disease in one or both knees is causing a sufficiently large impact on ambulation, joint stability, or pain to warrant use of an assistive device.

▶ **Kinesiotaping**

- ▶ is **conditionally** recommended for patients with knee and/or first carpometacarpal (CMC) joint OA.

▶ **Hand orthoses**

- ▶ are **strongly** recommended for patients with first CMC joint OA. Hand orthoses are **conditionally** recommended for patients with OA in other joints of the hand.

▶ **Modified shoes**

- ▶ are **conditionally** recommended *against* in patients with knee and/or hip OA. Lateral and medial wedged insoles are **conditionally** recommended *against* in patients with knee and/or hip OA.

▶ **Acupuncture**

- ▶ is **conditionally** recommended for patients with knee, hip, and/or hand OA.

▶ **Thermal interventions**

- ▶ (locally applied heat or cold) are **conditionally** recommended for patients with knee, hip, and/or hand OA. **Paraffin**, an additional method of heat therapy for the hands, is **conditionally** recommended for patients with hand OA.

- ▶ **Radiofrequency ablation (RFA)**
- ▶ is **conditionally** recommended for patients with knee OA.

- ▶ **Massage therapy**
- ▶ is **conditionally** recommended *against* in patients with knee and/or hip OA.

- ▶ **Manual therapy**
- ▶ with exercise is **conditionally** recommended *against* over exercise alone in patients with knee and/or hip OA.

▶ **Iontophoresis**

- ▶ is **conditionally** recommended *against* in patients with first CMC joint OA.

▶ **Pulsed vibration therapy**

- ▶ is **conditionally** recommended *against* in patients with knee OA.

▶ **Transcutaneous electrical stimulation (TENS)**

- ▶ is **strongly** recommended *against* in patients with knee and/or hip OA.

Pharmacologic Management



- ▶ **Topical nonsteroidal anti-inflammatory drugs (NSAIDs)**
- ▶ are **strongly** recommended for patients with knee OA and **conditionally** recommended for patients with hand OA.

- ▶ **Topical capsaicin**
- ▶ is **conditionally** recommended for patients with knee OA and **conditionally** recommended *against* in patients with hand OA.

- ▶ **Oral NSAIDs**
- ▶ are **strongly** recommended for patients with knee, hip, and/or hand OA.

- ▶ **Intra-articular glucocorticoid**
- ▶ injections are **strongly** recommended for patients with knee and/or hip OA and **conditionally** recommended for patients with hand OA.
- ▶ **Ultrasound** guidance for intra-articular glucocorticoid injection is **strongly** recommended for injection into hip joints.

- ▶ **Tramadol, the other Opioids**
- ▶ is **conditionally** recommended for patients with knee, hip, and/or OA.

- ▶ **Colchicine, Acetaminophen, Deluxetine**
- ▶ is **conditionally** recommended *against* in patients with knee, hip, and/or hand OA.

- ▶ **Fish oil , Vitamin D**

- ▶ is **conditionally** recommended *against* in patients with knee pain

- ▶ **Bisphosphonates, Glucosamine**

- ▶ are **strongly** recommended *against* in patients with knee, hip, and/or hand OA.

▶ **Chondroitin sulfate**

- ▶ is **strongly** recommended *against* in patients with knee and/or hip OA, as are combination products that include glucosamine and chondroitin sulfate, but is **conditionally** recommended for patients with hand OA.

▶ **Hydroxychloroquine, Methotrexate**

- ▶ is **strongly** recommended *against* in patients with knee, hip, and/or hand OA.

- ▶ **Intra-articular hyaluronic acid,**
- ▶ injections are **conditionally** recommended *against* in patients with knee and/or first CMC joint OA and **strongly** recommended *against* in patients with hip OA.

- ▶ **Intra-articular botulinum toxin, Prolotherapy**
- ▶ injections are **conditionally** recommended *against* in patients with knee and/or hip OA.

▶ **Platelet-rich plasma (PRP)**

- ▶ treatment is **strongly** recommended *against* in patients with knee and/or hip OA.

▶ **Stem cell injections**

- ▶ are **strongly** recommended *against* in patients with knee and/or hip OA.

▶ **Tumor necrosis factor (TNF)**

- ▶ inhibitors and interleukin (IL)-1 receptor antagonists are **strongly** recommended *against* in patients with knee, hip, and/or hand OA.