

Management of Osteoarthritis — Hand, Hip & Knee

Core nonpharmacologic therapy, orthoses/devices, topical/oral analgesics, injections, and treatments to avoid, condensed from >30 graded interventions.

2019 ACR/AF Guideline
Management of Osteoarthritis of the Hand, Hip, and Knee
Kolasinski SL, et al. · Arthritis Rheumatol. 2020;72:220–233

GRADE Strong Cond. For Cond. Against Strong Against Condensed from the full set of graded recommendations.

1 Core Nonpharmacologic Therapy

Strong	Exercise — knee, hip, and hand OA.
Strong	Weight loss — knee/hip OA if overweight/obese; dose-response relationship with amount lost.
Strong	Tai chi — knee/hip OA.
Strong	Cane — knee/hip OA with significant ambulation/stability impact.
Cond.	Balance exercise — knee/hip OA.
Cond.	Yoga, CBT, acupuncture — yoga for knee OA; CBT/acupuncture across joints.

2 Braces, Orthoses & Modalities

Strong	Tibiofemoral knee brace — knee OA with ambulation/stability impact.
Strong	First CMC orthosis — first CMC joint OA.
Cond.	Patellofemoral brace, other hand orthoses, kinesiotaping.
Cond.	Thermal therapy, RFA, TENS — knee/hip/hand OA.
Cond.	Against: modified shoes (knee/hip), massage, iontophoresis (first CMC), pulsed vibration.

3 Topical & Oral Analgesics

Strong	Topical NSAIDs — knee OA.
Cond.	Topical NSAIDs — hand/hip OA.
Strong	Oral NSAIDs — knee, hip, and/or hand OA.
Cond.	Topical capsaicin — knee OA and hand OA.
Cond.	Acetaminophen — limited benefit in most patients.
Cond.	Duloxetine — knee, hip, and/or hand OA.

4 Injections & Opioids

Cond.	Intra-articular glucocorticoid — knee, hip, and/or hand OA.
Strong	Use ultrasound guidance for hip glucocorticoid injections.
Cond.	Tramadol preferred over non-tramadol opioids if no surgical option.
Cond.	Non-tramadol opioids only if other therapy has failed or is contraindicated.
Cond.	Intra-articular botulinum toxin — knee/hip OA.

5 Recommended Against

Strong Against	Glucosamine, chondroitin (knee/hip), hydroxychloroquine, bisphosphonates — knee, hip, and/or hand OA.
Cond. For	Chondroitin (hand) — one small trial suggested benefit.
Strong Against	Hyaluronic acid — hip OA.
Cond. Against	Hyaluronic acid — knee/hand OA.
Cond. Against	Fish oil, vitamin D, colchicine — knee, hip, and/or hand OA.