

## Physical, Psychosocial, and Mind/Body Approaches

Strongly Recommended	Conditionally Recommended	Conditionally Against	Strongly Against
Exercise	Heat, Therapeutic Cooling	Manual Therapy (with/without exercise)	TENS
Self-Efficacy & Self-Management Programs	Cognitive Behavioral Therapy	Massage Therapy	
Weight Loss	Acupuncture	Modified shoes	
Tai Chi	Kinesiotaping	Wedged insoles	
Cane		Pulsed Vibration Therapy	
TF Knee Brace	Yoga		
	RFA		
	PF Knee Brace		
	Balance Training		

## Pharmacologic Approaches

Strongly Recommended	Conditionally Recommended	Conditionally Against	Strongly Against
Oral NSAIDs	Acetaminophen	I-A Botulinum Toxin	Bisphosphonates
Topical NSAIDs	Tramadol	Prolotherapy	Glucosamine
I-A Steroids	Duloxetine	Colchicine	Hydroxychloroquine
	Topical Capsaicin	Non –Tramadol Opioids	Methotrexate
		Fish Oil	TNF Inhibitors
		Vitamin D	IL-1 Receptor Antagonists
			PRP
			Stem Cell Injection
			Chondroitin
			I-A Hyaluronic Acid

Reference for ACR: Kolasinski SL, Neogi T, Hochberg MC, Oatis C, Guyatt G, Block J, Callahan L, Copenhaver C, Dodge C, Felson D, Gellar K, Harvey WF, Hawker G, Herzig E, Kwoh CK, Nelson AE, Samuels J, Scanzello C, White D, Wise B, Altman RD, DiRenzo D, Fontanarosa J, Giradi G, Ishimori M, Misra D, Shah AA, Shmigel AK, Thoma LM, Turgunbaev M, Turner AS, Reston J. 2019 American College of Rheumatology/Arthritis Foundation Guideline for the Management of Osteoarthritis of the Hand, Hip, and Knee. *Arthritis Care Res (Hoboken)*. 2020 Feb;72(2):149-162. doi: 10.1002/acr.24131. Epub 2020 Jan 6. PMID: 31908149.