

Physical, Psychosocial, and Mind/Body Approaches

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

Pharmacologic Approaches

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

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, Shmagel 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.