

## Supporting Tool #2: Treatment Menu for People Living with Osteoarthritis

|                                      |  |                                   |                                     |                                    |   |                            |   |
|--------------------------------------|--|-----------------------------------|-------------------------------------|------------------------------------|---|----------------------------|---|
| <b>Education and Self-Management</b> | Group classes                          | Online support                    | Counselling                         |                                    |   |                            |   |
| <b>Land based Exercise</b>           | Walking                                | Cycling                           | Cross Country Skiing                | Yoga                               | Tai Chi                                     | Low impact Aerobics        | OA Group exercise programs                |
| <b>Water based Exercise</b>          | Swimming                               | Low Impact Water aerobics         | Deep water workout                  | Aqua-cycle                         | Aqua-walking                                |                            |   |
| <b>Weight Management</b>             | Dietitian Consult (1:1 or group class) | Public Weight Management programs | Private Weight Management programs  | Cognitive Behavioural Therapy(CBT) |   |                            |   |
| <b>Nutrition</b>                     | Dietitian 1:1 Consult                  | Public education programs         | Private education programs          | Private nutritional counselling    |   |                            |   |
| <b>Strength Exercises</b>            | OA Group exercise program              | Physical Therapist 1:1            | Community recreation programming    | Home exercise program              |   |                            |   |
| <b>Joint Protection</b>              | Knee brace                             | Knee sleeve                       | Foot orthotics                      | Specialized footwear               | OT or PT for ROM and joint protection ideas |                            |   |
| <b>Walking Aids</b>                  | Cane                                   | Nordic Walking poles              | Walker                              |                                    |   |                            |   |
| <b>Pain Management</b>               | Heat or cold therapy                   | Pacing Strategies                 | Cognitive Behavioural Therapy (CBT) | *Topical NSAIDs (e.g. diclofenac)  | *Oral NSAIDs (e.g. ibuprofen, naproxen)     | *Cortico-steroid injection | *HA Injections (e.g. Durolane®, Synvisc®) |
| <b>Other_____</b>                    |  |                                   |                                     |                                    |   |                            |   |

\*Requires physician consultation