******Todays Date:**

|  |
| --- |
| **Core Treatments** |
| **Treatment Option** | **Did you trial this treatment?** | **Approximate length of trial…** | **Provide specific details or examples of the treatment.** |
| **Education** |
| Group Classes | * Yes
* No
 | * 0 – 3 weeks
 | * 3 – 6 weeks
 | * 6 – 12 weeks
 | * More than 12 weeks
 |  |
| Online Support | * Yes
* No
 | * 0 – 3 weeks
 | * 3 – 6 weeks
 | * 6 – 12 weeks
 | * More than 12 weeks
 |  |
| Counselling | * Yes
* No
 | * 0 – 3 weeks
 | * 3 – 6 weeks
 | * 6 – 12 weeks
 | * More than 12 weeks
 |  |
| **Exercise & Physical Activity** |
| Land based physical activity | * Yes
* No
 | * 0 – 3 weeks
 | * 3 – 6 weeks
 | * 6 – 12 weeks
 | * More than 12 weeks
 |  |
| Water based physical activity | * Yes
* No
 | * 0 – 3 weeks
 | * 3 – 6 weeks
 | * 6 – 12 weeks
 | * More than 12 weeks
 |  |
| Strength Exercises | * Yes
* No
 | * 0 – 3 weeks
 | * 3 – 6 weeks
 | * 6 – 12 weeks
 | * More than 12 weeks
 |  |
| **Weight Management/Nutrition** | * Yes
* No
 | * 0 – 3 weeks
 | * 3 – 6 weeks
 | * 6 – 12 weeks
 | * More than 12 weeks
 |  |

|  |
| --- |
| **Adjunct Treatments: Non-Pharmacological** |
| **Supports** |
| Joint Protection | * Yes
* No
 | * 0 – 3 weeks
 | * 3 – 6 weeks
 | * 6 – 12 weeks
 | * More than 12 weeks
 |  |
| Walking aids | * Yes
* No
 | * 0 – 3 weeks
 | * 3 – 6 weeks
 | * 6 – 12 weeks
 | * More than 12 weeks
 |  |
| **Adjunct Treatments: Pharmacological** |
| **Non-Prescription Treatments**  |
| Topical NSAIDs | * Yes
* No
 | * 0 – 3 weeks
 | * 3 – 6 weeks
 | * 6 – 12 weeks
 | * More than 12 weeks
 |  |
| Oral NSAIDs | * Yes
* No
 | * 0 – 3 weeks
 | * 3 – 6 weeks
 | * 6 – 12 weeks
 | * More than 12 weeks
 |  |
| Complementary Supplements | * Yes
* No
 | * 0 – 3 weeks
 | * 3 – 6 weeks
 | * 6 – 12 weeks
 | * More than 12 weeks
 |  |
| **Prescription Treatments** |  |
| Topical NSAIDs | * Yes
* No
 | * 0 – 3 weeks
 | * 3 – 6 weeks
 | * 6 – 12 weeks
 | * More than 12 weeks
 |  |
| Oral NSAIDs | * Yes
* No
 | * 0 – 3 weeks
 | * 3 – 6 weeks
 | * 6 – 12 weeks
 | * More than 12 weeks
 |  |
| Complementary Supplements | * Yes
* No
 | * 0 – 3 weeks
 | * 3 – 6 weeks
 | * 6 – 12 weeks
 | * More than 12 weeks
 |  |
| **Injectables** |
| Cortico-steroid | * Yes
* No
 | * 0 – 3 weeks
 | * 3 – 6 weeks
 | * 6 – 12 weeks
 | * More than 12 weeks
 |  |
| Hyaluronic Acid | * Yes
* No
 | * 0 – 3 weeks
 | * 3 – 6 weeks
 | * 6 – 12 weeks
 | * More than 12 weeks
 |  |