Treatments for Osteoarthritis

by Rosalyn Carson-DeWitt, MD

En Español (Spanish Version)

The treatment and management of osteoarthritis involves lifestyle changes, medicines, other treatments, alternative and complementary therapies, and surgery.

The goals of treatment include:

- Controlling pain
- Improving mobility and joint use
- Minimizing disability, returning normal function
- Slowing the progression of osteoarthritis
- Protecting other joints from developing osteoarthritis

Treatment involves the following:

- Lifestyle changes
- Medications
- Surgery
- Alternative and complementary therapies
- Other treatments

REFERENCES:

Arthritis Foundation website. Available at: http://www.arthritis.org/.


Previous | Next