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Osteoarthritis Advice Summary Sheet

Weight reduction

Pain management

- Simple (e.g. Paracetamol)
- Stronger (e.g. Co-codamol)
- Opioid (e.g. Tramadol)
- Anti-inflammatory medication
 - On skin (topical)
 - By mouth (lowest dose possible)
- Hot and cold packs (don't burn the skin)

Physiotherapy and Exercise

- Maintain range of movement
- Help weight reduction
- Muscle strength and general fitness
- TENS machine

Injections into the joint

- Corticosteroids(steroids)
- Hyaluronic acid (viscosupplementation)

Walking aids/Supports/Braces/Shock absorbing shoes

Complementary medicine

- Acupuncture
- ? Glucosamine sulphate 1500mg daily