

# Osteoarthritis Protocol: Restoring Joint Function

## Introduction

Osteoarthritis (OA) is the most common type of arthritis, affecting over 32 million US adults.<sup>1</sup>

## Assessment

1. Physical exam and imaging:
  - a. Clinical diagnosis in those over age 45 with activity-related joint pain and no morning stiffness or no stiffness that lasts more than 30 minutes, after excluding atypical features, including history of trauma, hot swollen joint, gout, etc.<sup>2</sup>
  - b. Plain X-rays can help confirm the diagnosis but are insensitive early in the disease, though they may be useful for ruling out other etiologies. Findings include narrowed joint spaces and/or osteophytes. MRI is useful for more complicated diagnoses.<sup>3</sup>
  - c. See American College of Rheumatology Guidelines for Osteoarthritis of the Hip, Knee, and Hand.<sup>4</sup>
2. Laboratory:
  - a. Laboratory evaluation is not typically indicated, though CRP and/or ESR can be used to rule out other inflammatory conditions.

## General Recommendations

1. Monitor progress of patients using:
  - a. KOOS Knee Scale and HOOS Scale for osteoarthritis of the hip at <http://www.koos.nu/> or WOMAC Scale at <https://www.orthopaedicscore.com/>
  - b. Oswestry Low Back Pain Disability Index at <https://bit.ly/3eWkm2Z>
  - c. Michigan Hand Outcome Questionnaire at <https://bit.ly/2X0V7uW>

## Specific Treatment Plan

	Mild	Moderate	Severe
<b>Osteoarthritis</b>	<ul style="list-style-type: none"> <li>• Weight loss<sup>5,6</sup></li> <li>• Acupuncture<sup>7,8</sup></li> <li>• Exercise<sup>9</sup></li> <li>• Massage<sup>10,11</sup></li> <li>• <b>Theracurmin® 2X</b>: 1 capsule TID<sup>12-15</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Knee: manual therapy<sup>16</sup></li> <li>• <b>Vitamin D3</b>: 1000–2000 IU QD; if low serum levels of 25 (OH) vitamin D, 5000 IU QD<sup>17</sup></li> <li>• <b>Dolor Ease™</b>: 2 capsules BID <i>OR</i> <b>Theracurmin 2X</b>: 1 capsule BID<sup>12-15</sup></li> <li>• <b>OptiMega-3®</b>: 1 capsule BID with meals<sup>18</sup></li> <li>• <b>PEA</b>: 1 capsule TID<sup>19</sup></li> </ul>	<ul style="list-style-type: none"> <li>• May require the use of prescription medications and/or joint replacement as part of the integrated protocol</li> <li>• <b>Vitamin D3</b>: 1000–2000 IU QD; if low serum levels of 25 (OH) vitamin D, 5000 IU QD<sup>17</sup></li> <li>• <b>Dolor Ease</b>: 2 capsules BID <i>OR</i> <b>Theracurmin 2X</b>: 1 capsule BID<sup>12-15</sup></li> <li>• <b>OptiMega-3</b>: 1 capsule BID with meals<sup>18</sup></li> <li>• <b>SAME</b>: 400 mg QID<sup>20</sup></li> <li>• <b>PEA</b>: 1 capsule TID<sup>19</sup></li> </ul>

QD: daily; BID: two times per day; TID: three times per day; QID: four times per day; PEA: Palmitoylethanolamide

## Re-Assessment

Repeat clinical and laboratory measurements as indicated.

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