

Osteoarthritis Protocol: Restoring Joint Function

Introduction

Osteoarthritis (OA) is the most common type of arthritis, affecting nearly five million Canadians¹ and over 32 million US adults.²

Assessment

1. Physical exam and imaging:
 - a. Clinical diagnosis in individuals 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.³
 - 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.⁴
 - c. See American College of Rheumatology Guidelines for Osteoarthritis of the Hip, Knee, and Hand.⁵
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 <https://shorturl.at/qrwEI> or WOMAC scale at <https://www.orthopaedicscore.com/>
 - b. Oswestry Low Back Pain Disability Questionnaire at <https://rb.gy/wfo6x1>
 - c. Michigan Hand Outcomes Questionnaire at <https://shorturl.at/nCRWX>

Specific Treatment Plan

	Mild	Moderate	Severe
Osteoarthritis	<ul style="list-style-type: none"> • Weight loss^{6,7} • Acupuncture^{8,9} • Exercise¹⁰ • Massage^{11,12} • Theracurmin® Pro-60: 1 capsule TID¹³⁻¹⁶ • Bromelain: 1 capsule away from meals^{17,18} 	<ul style="list-style-type: none"> • Knee: manual therapy¹⁹ • Vitamin D3: 1000–2000 IU QD; if low serum levels of 25 (OH) vitamin D, 5000 IU QD²⁰ • Dolor Ease™: 2 capsules BID OR Theracurmin® 2X: 1 capsule BID¹³⁻¹⁶ • Bromelain: 1 capsule away from meals^{17,18} • OptiMega-3®: 1 softgel BID with meals²¹ • NEM®: 1 capsule QD²²⁻²⁴ 	<ul style="list-style-type: none"> • May require the use of prescription medications and/or joint replacement as part of the integrated protocol • Vitamin D3: 1000–2000 IU QD; if low serum levels of 25 (OH) vitamin D, 5000 IU QD²⁰ • Dolor Ease: 2 capsules TID OR Theracurmin 2X: 1 capsule TID¹³⁻¹⁶ • Bromelain: 1 capsule away from meals^{17,18} • OptiMega-3: 1 softgel BID with meals²¹ • NEM: 1 capsule QD²²⁻²⁴

QD: daily; BID: two times per day; TID: three times per day; QID: four times per day; PEA: Palmitoylethanolamide; NEM: Natural eggshell membrane

Re-Assessment

Repeat clinical and laboratory measurements as indicated.

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