



Standard Evaluation Criteria

- Manage weight loss to achieve optimal weight.
- Encourage participation in regular graded exercise or aerobic conditioning.
- Recommend muscle-strengthening and range of motion exercises.
- Prescribe acetaminophen as first-line pain management.
- Utilize NSAIDs or COX-2 for pain relief if indicated.
- Incorporate of joint protection strategies into activities of daily living.
- Educate member regarding community resources to support self-management of OA (e.g., Arthritis Foundation Self-Management Program).

Standards of Care References

1. Huang, M. et al. *The effects of weight reduction on the rehabilitation of patients with knee OA and obesity. Arthritis Care and Research. Vol 13, (6) 398-405. Dec 2000*
2. *Arthritis & Rheumatism. Arthritis & Rheumatism Vol. 43, No. 9, September 2000, pg. 1905-1915.*
3. *Effectiveness of exercise therapy in patients with osteoarthritis of the hip or knee: a systematic review of randomized clinical trials. Arthritis Rheum; 42(7): 1361-1369. 1999*
4. Manek, N. et al. *OA: Current Concepts in Diagnosis and Management. American Family Physician. March 15, 2000.*
5. Slemenda, C. et al. *Quadriceps Weakness and OA of the Knee. Annals of Internal Medicine, 127:97-104, July 1997.*
6. Lozada, C. et al. *Osteoarthritis: A comprehensive approach to management. The Journal of Musculoskeletal Medicine. 26-38. Nov. 1997.*