

<b>Checklist for Pharmacotherapy Consideration</b>	✓
<b>Patient has tried non-Rx (e.g. weight loss, increased activity, thermal modalities), but pain persists</b>	
<b>Arthritis education has been provided</b>	
<b>Current medications and supplements have been reviewed</b>	
<b>Medication allergies have been discussed</b>	
<b>Medical history has been discussed</b>	
<b>Acetaminophen (mild-moderate pain) – Maintain &lt; 4 grams per 24 hours from all sources</b>	
<i>Failed adequate trial of scheduled acetaminophen</i>	
<b>NSAIDs (OTC) – Assess patient for appropriate use and risk factors (GI, renal, CV, asthma)</b>	
<i>Failed adequate trial of scheduled NSAIDs</i>	
<b>Recommend referral to PCP for further evaluation</b>	

Learn more about the symptoms of osteoarthritis at [StandUp2OA.org](https://StandUp2OA.org)

<b>Nonpharmacological Treatment Options Checklist</b>	✓
Arthritis education	
Weight loss (if overweight)	
Increase physical activity	
Information regarding community-based resources	
Exercise (non-weight bearing on the affected joint/s)	
Assistive walking devices (e.g. cane) (if applicable)	
Corrective footwear (if applicable)	
Hot or cold therapy	
Referral to physical therapy and/or occupational therapy	

Learn more about the symptoms of osteoarthritis at [StandUp2OA.org](https://StandUp2OA.org)

