STRONGLY RECOMMENDED
First-line interventions for most patients

Exercise, Self-efficacy and Self-management, Weight Loss/Maintenance

Bracing, Tai Chi, Cane

Oral or Topical NSAIDs, IA Glucocorticoid Injections

CONDITIONALLY RECOMMENDED
Shared decision-making with patients encouraged

Thermal Modalities, CBT, Acupuncture

APAP, Tramadol, Duloxetine

Surgery* (e.g., TJR)

STOP
STRONGLY NOT RECOMMENDED

TENS
Bisphosphonates
Chondroitin/Glucosamine
Hydroxychloroquine
Methotrexate
Biologics (TNF and IL1 receptor antagonists)
IA PRP/MSC, IAHA (hip)

Shared decision-making is encouraged and includes a conversation between providers and patients on topics such as:

PREFERENCES, COST, TRANSPORTATION, PATIENT GOALS, OTHER HEALTH CONDITIONS

Reference

APAP: acetaminophen; CBT: cognitive behavioral therapy; drugs IA: intra-articular; IAHA: IA hyaluronic acid; IL1: interleukin-1; MSC: mesenchymal stem cells; NSAIDs: nonsteroidal anti-inflammatory; NR: not recommended; PRP: platelet rich plasma; TENS: transcutaneous electrical nerve stimulation; TNF: tumor necrosis factor; TJR: joint replacement

*Surgery is not part of the 2019 ACR Guidelines.