

Osteoarthritis Treatment Options

Overview

This is a protocol that provides you with general information and guidelines for the initial stage and progression of rehabilitation according to the listed timeframes. Specific changes may be made by the care team as appropriate given each patient's operative findings.

Questions

If you have any concerns or questions after your surgery, during business hours call **763-441-0298** or Candice at **763-302-2613**. You may need to leave a message.

Address

Otsego
8540 Quaday Ave NE
Otsego, MN 55330

Coon Rapids
3111 124th Ave NW, Suite 200
Coon Rapids, MN 55433

Blaine
11225 Ulysses St NE
Blaine, MN 55434

Team Members

Nathan Dumm, PA-C
Candice Johnson, Care
Coordinator

Over the Counter Oral Medications

- Tylenol: 650 mg 1-2 tablets every 8 hours as needed (Max 6 tablets/4000 mg/day)
- Ibuprofen: 800 mg every 6 hours as needed (Max 3200 mg/day)
- Naproxen (Aleve, Naprosyn): 500 mg every 12 hours as needed (Max 1500 mg/day)
- Tumeric: dietary supplement
- Cherry juice
- Glucosamine Chondroitin (Cosamin DS): Follow directions on bottle

Over the Counter Topical Medications

- Arnica Gel
- Aspercreme
- Biofreeze Gel
- Capsaicin Cream

Braces

- Neoprene sleeve with patellar cutout
- Neoprene sleeve with hinge component. For knees with stability issues as well as arthritis

Injections

- Cortisone injections: Can be done every 3 months as needed
- Hyaluronic Acid (HA, Viscosupplementation): Euflexa, Synvisc, Gel One. Can be done every 6 months as needed.

Biologics

- PRP (Platelet Rich Plasma): Platelets obtained and concentrated from a peripheral blood draw. Not covered by insurance. Early evidence shows promise.
- Stem Cell Injections: Stems cells are harvested from bone marrow aspirate obtained from the pelvis. Stem cells are concentrated and injected into the arthritic joint. Early evidence shows promise, but too early to know real benefit. Not covered by insurance.

Surgery

- Knee: Partial (if arthritis localized to single compartment in knee) or Total Knee Replacement
- Shoulder: Total Shoulder Replacement
- Hip: Direct Anterior Total Hip Replacement