






Recommendations	Socialstyrelsen		OARSI		EULAR		ACR		AAOS	
	Knee	Hip	Knee	Hip	Knee	Hip	Knee	Hip	Knee	Hip
Non-pharmacological interventions										
Information	●	●	●	●	●	●	●	●	●	
Physical activity / exercise	●	●	●	●	●	●	●	●	●	
Weight loss (if necessary)	●	●	●	●	●	●	●	●	●	
Yoga			●	●			●			
Tai Chi			●	●			●	●		
Acupuncture	●	●	●	●			●	●	●	
TENS (Transcutaneous electrical nerve stimulation)	●						●	●		
Assistive devices	●									
Pharmacological interventions										
NSAIDs (ibuprofen, diclofenac, aspirin)	●	●	●	●		●	●	●	●	●
Topical NSAIDs	●						●		●	●
Paracetamol	●	●	●	●			●	●		
Cortisone injections	●		●	●			●	●		●
Opioids	●	●	●	●			●	●		
Hyaluronic acid injections	●	●	●	●			●	●	●	●
Glucosamine			●				●	●	●	●
PRP	●	●					●	●		
Cartilage cell transplantation	●									

 Strongly recommended	 Conditionally recommended against	 Only for clinical research purposes
 Conditionally recommended	 Strongly recommended against	