

# Osteoarthritis - conservative treatment

- There is no therapy for primary arthrosis because it has an unknown etiology.
- Prevention of secondary OA – early detection and treatment of VVV and other diseases.
- Basic rules of treatment – daily exercise, weight reduction, diet and sport.

## Physical therapy

- It does not cure, it only dampens the unpleasant reactions that accompany it.
- The basis of this therapy is physical activity, hydrotherapy, massages, heat or cold treatment, ultrasound, magnetotherapy.
- Effective rest therapy, Priessnitz compresses – apply a cloth soaked in cold water for 1-2 hours, the limb must be up, after removing the compress, leave the limb in dry heat (best before going to bed).
- In the later stages, we use orthopedic aids - sticks, crutches.

## Drug therapy

- Many substances, analgesics, nonsteroidal antirheumatic drugs , corticosteroids,...

## NSA

- Anti-inflammatory, analgesic and antipyretic effects, over 200 preparations.
- They inhibit COX, COX-1 but protects the gastric mucosa, COX-2 is induced during inflammation.
- Various gels and ointments with anticoagulant, anti-inflammatory and anti-edema effects - Heparin, Hirudoid, Voltaren,...

## Corticosteroids

- Most often, intra-articular applications or spraying of painful tendons and ligaments.
- They reduce the formation of synovial effusion and relieve pain.
- KI – inflammation, virus, TB.
- We must not apply intratendinous (danger of rupture).
- We usually use them when other treatments do not work and the patient is not indicated for surgery.

## New anti-arthrosis drugs

- These are so-called slow-acting substances (SADOA - slow acting drugs of osteoarthritis) - chondroprotectants (for young people, in the initial stages) - hyaluronic acid, chondroitin sulfate, glucosamine sulfate.

## Links

## Related Articles

- Osteoarthritis
- Osteoarthritis - surgical treatment

## Source

- BENEŠ, Jiří. *Study materials* [online]. ©2012. [feeling. 16.2.]. <[http://jirben2.chytrak.cz/materialy/orto,trauma\\_jb.doc](http://jirben2.chytrak.cz/materialy/orto,trauma_jb.doc)>.