



Coastal Medical

Lifespan. Delivering health with care.®



What is Osteoarthritis (OA)?

OA is a degenerative condition caused by wear and tear. The Coastal Medical Joint Health Program focuses on two commonly affected joints; the knee and the hip.

Symptoms of OA

Symptoms can include pain, swelling, stiffness, popping, and more. These symptoms typically get worse over time as arthritis gets worse. Eventually, they may begin to interfere with your daily life, making it difficult to complete physical tasks at work or do things you used to enjoy.

Management of OA

Even though osteoarthritis can be very painful, many options exist for treating the symptoms. The foundation of non-operative management is to maximize the remaining joint function and minimize the degree of pain a patient experiences. This is accomplished through a combination of approaches that we use in Coastal's Joint Health Program:



Physical Therapy – focuses on improving the range of motion and strengthening the muscles to support the joint. We have partnered with Performance Physical Therapy for this aspect of our Joint Health Program.



Weight Loss – decreases the amount of force transmitted through the joint. We have partnered with Evolution Nutrition for patients that would like to pursue this under the guidance of a trained dietician.



Behavioral Health – helps patients cope with the psychological symptoms associated with chronic pain due to OA. We have partnered with Providence Behavioral Health for patients interested in these services.



Injections – can be taken to decrease pain. Most commonly, a steroid (cortisone) injection can decrease the inflammation and pain in the joint. A second type of injection is a hyaluronic acid injection, commonly referred to as a "gel injection."



Medications – can include NSAIDs (such as ibuprofen, naproxen, etc), Tylenol, and topical medications that you can rub onto the joint such as lidocaine, Voltaren, and others.



Support Braces – may be appropriate for some patients and can help redistribute the force on a joint.

For severe OA, or OA not responding to non-operative treatment, the Joint Health Program physician may discuss the decision to move forward with joint replacement surgery.

The physician will be happy to discuss all these options in more detail when you come in for your visit. They will work together with you to come up with an individualized plan to help manage your symptoms.