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# Non Pharmacological Therapies in the Management of Osteoarthritis

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## About the eBook

This title reviews the clinical relevance of these therapies and the difficulties in conducting high quality trials assessing their efficacy. This e-book presents supportive scientific evidence for their efficacy and explains the mechanism of action of nutraceuticals targeting osteoarthritis. It also includes many example of exercises, mobilization and manipulation techniques directly useful for medical professionals.

### Contents

- ▶ Nonpharmacological Approaches in Management of Hip and Knee Osteoarthritis-Related Pain
- ▶ Weight Loss: Preventive and Therapeutic Effects in Obese Patients with Osteoarthritis
- ▶ The Role of Land-Based Exercise and Manual Therapy in the Management of Osteoarthritis
- ▶ Components of Crenobalneotherapy for Knee Osteoarthritis: A Systematic Review
- ▶ Acupuncture and Osteoarthritis: Practices and Evidences
- ▶ Bracing for Osteoarthritis
- ▶ Insoles and Footwear in the Management of Knee Osteoarthritis

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