Relaxation techniques – People with arthritis usually experience anxiety and pain which can be managed by muscle relaxation, meditation or visualisation. 
Surgery – damaged joints can be replaced in cases of advanced osteoarthritis. Patella taping, knee braces and orthotics – may be useful in the management of knee osteoarthritis. Equipment that promotes independence – for people with painful joints, there are many specially designed aids and types of equipment available. The strain on the joints can be reduced by the design of this equipment, such as large-handled kitchen utensils.

-Osteoarthritis surgery:
Arthrodesis: two bones in a damaged joint are fused together to stop the joint bending. This is used to treat arthritis of the spine, ankles, hands and feet. Occasionally it's used to treat the hips and knees. 
Arthroscopy: used to remove loose cartilage or bone fragments, also to smooth a rough joint surface. For some it can relieve pain for a short time and allow the joint to move better. Hip resurfacingsurgery: often performed on young, active people who have a badly damaged hip causing pain and disability. 
Joint replacement: this is performed when other procedures haven't been successful and damage to the joint can be seen on x-Rays. Surgery is involved to replace the end of the bones in a damaged joint. New joint surfaces are created by the surgery. The knee, hip and shoulder are joints replaced the most often, however the ankle and elbow can also be replaced.

-Osteoarthritis has no known cure. Treatment includes surgery to realign bones, physiotherapy to strengthen muscles around the affected joints, medication to relieve pain or joint replacement surgery.

-Misdiagnosed options (especially rheumatoid arthritis and osteomalacia)

Osteoarthritis alternative diagnoses:

Rheumatoid arthritis:
Rheumatoid arthritis affects the joints of the body with episodes of painful inflammation, it is ongoing and progressive. Rheumatoid arthritis also has an effect on organs of the body and can cause disability, the destruction of joints, and sometimes even life threatening complications. Rheumatoid arthritis can occur at any age and women are more affected than men. The disease usually progresses more rapidly the younger a person is when they develop rheumatoid arthritis. Approximately 10% of people affected with rheumatoid arthritis become severely disabled. In addition, life expectancy may be shortened by 3 to 7 years, people with severe rheumatic arthritis may die 10-15 years earlier than anticipated because of possible life threatening complications. Rheumatoid arthritis has an unknown cause, but is classified as an autoimmune disease, this is when the body's immune system mistakes healthy tissues as potentially dangerous invaders into the body and consequently attacks them. This causes inflammation that, over time, damage blood vessels and organs can destroy the affected joints. Rheumatic arthritis results in synovial membrane inflammation. Synovial membranes protect and line the joints, allowing smooth and free movement of joints. Therefore when they are inflamed, they become tender, swollen and warm, and are unable to freely move. This process eventually leads to destruction of the