

- NSAIDs and corticosteroids are used to treat the inflammation in osteoarthritis and rheumatoid arthritis. Aspirin and topical analgesics are used for pain. Cyclooxygenase-2 (COX-2) inhibitors work to reduce pain and inflammation while decreasing the risk for ulceration and bleeding. Disease-modifying antirheumatic drugs (DMARDs) can be used for patients with rheumatoid arthritis.
- Assisting the patient to maintain independent functioning should be one of the goals of every health-care worker. With independence, patients have dignity and a feeling of well-being.

Master the Essentials: Musculoskeletal Medications

This table shows the various classes of musculoskeletal medications and uses, key side effects, contraindications and precautions, interactions, and examples of each class.

Class	Use	Side Effects	Contraindications and Precautions	Interactions	Examples
Antigout drugs	Gout or kidney stones	Acute gouty attacks, headache, GI symptoms	Hypersensitivity, uric acid kidney stones, blood dyscrasias, active peptic ulcer	Antibiotics, antineoplastics, warfarin, salicylates, oral antidiabetics	Allopurinol (Zyloprim), colchicine (Colcrys)
Anti-inflammatory drugs (NSAIDs)	Swelling, fever, pain; to prevent heart attack, stroke or chest pain	Albuminuria, hematuria, bronchospasm, constipation, dizziness, epigastric pain, increased bleeding time, hypersensitivity reactions, GERD, GI ulcers and bleeding, headache, tinnitus and hearing loss, vision disturbances	Anemia, asthma, children with viral infections (aspirin), clotting disorders, disorders of the CV and GI systems, GERD, breast-feeding, liver and kidney failure, pregnancy, sulfonamide hypersensitivity, thyroid disorders	Alcohol, anticoagulants, corticosteroids and other steroids, oral hypoglycemics	Aspirin (Ecotrin, Bayer, Bufferin), diclofenac with misoprostol (Voltaren, Cataflam), ibuprofen (Motrin, Advil), naproxen (Naprosyn, Aleve)
Bisphosphonates	Osteoporosis with a high risk for bone fracture	Headache, abdominal pain, bone pain	Hypersensitivity, hypocalcemia, esophageal stricture or achalasia	Calcium supplements, antacids, ranitidine, aspirin	Teriparatide acetate (Forteo)
Calcitonin	Osteoporosis in postmenopausal women	Rhinitis, nasal irritation (nasal spray); hypertension, dizziness, injection site reaction, nausea, vomiting	Clinical allergy to drug, pregnancy, breastfeeding	None reported	Calcium carbonate (Tums, Os-Cal-D), calcitonin salmon (Miacalcin)