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| **Intervention Group/ Class** | **Intervention** |
| Alternative medicines | Avocado-soybean unsaponifiables, boswellia serrata extract, curcuma/curcuminoid,  pycnogenol, glucosamine, chondroitin, glucosamine and chondroitin in compound form, vitamin D, omega-3 fatty acids, collagen, methylsulfonylmethane |
| electrotherapies | Pulsed electromagnetic/ shortwave therapy, other electrotherapy - (laser, shock wave, interferential), transcutaneous electrical nerve stimulation (TENS), therapeutic ultrasound, acupuncture (traditional, electro acupuncture and laser acupuncture) |
| exercise interventions | Land-based exercise including: muscle strengthening, range of motion, aerobic conditioning, neuromuscular balance, cycling, Tai Chi, yoga, aquatic exercise or hydrotherapy |
| injectable agents | Viscosupplementation injection, platelet-rich plasma (PRP) injection, stem cell therapy, dextrose prolotherapy, fibroblast growth factor (FGF), corticosteroid injection |
| mechanical aids and devices | Knee braces (varus unloading/re-alignment braces, valgus unloading/re-alignment braces, re-aligning patellofemoral braces), shoe orthotics (shock absorbing insoles, wedged insoles, or arch supports), footwear (unloading shoes, minimalist footwear and rocker soled shoes), patellar taping, assistive walking devices (e.g. cane) |
| pharmacological interventions (over the counter) | Paracetamol/acetaminophen, topical capsaicin, topical NSAIDs |
| pharmacological interventions (prescription medicine only) | Interleukin-1 (IL-1) inhibitors, methotrexate, oral opioids, transdermal opioids, colchicine, anti-nerve growth factor (NGF), calcitonin, biphosphonates, doxycycline,  oral non-steroidal anti-inflammatory drugs (NSAIDs) including COX-2 inhibitors, (diacerein, duloxetine, strontium ranelate - not available in the New Zealand Universal List of Medicines) |
| psychological interventions | Cognitive behavioural therapy |
| other physical therapies | Manual therapy (massage, mobilisation and manipulation) |
| self-management and education interventions | self-management education programs, heat and cold therapy |
| surgical interventions | Arthroscopic lavage and debridement, arthroscopic meniscectomy, arthroscopic cartilage repair, total joint replacement, unicompartmental joint replacement, and joint preserving surgical procedures (e.g. osteotomies) |
| weight management | Weight management and weight management plus exercise |