

## Understanding the Unmet Needs and Treatment Options Used by Osteoarthritis Patients

U.S. Pain Foundation conducted an online survey to better understand challenges that may exist for Americans living with chronic pain. The U.S. Pain Health Demographics Survey saw a total of 2,119 individuals participate; the findings in this summary focus on the 768 individuals who have been diagnosed with osteoarthritis (OA).

### KEY FINDINGS

**58%**  
rated their  
**DAILY PAIN** as

**7 OR MORE**

on a pain scale of 1 to 10

**9%**  
rated their  
**DAILY PAIN** as

**9 or 10**

on a pain scale of 1 to 10

**70%**

listed their  
work status as  
**"DISABLED"**

**73%**

have lived with  
pain for more  
than **10 YEARS**

**More than 98% live with a comorbid condition.** The most common were:



**62%** | neurological conditions  
**45%** | rheumatological conditions  
**34%** | gastrointestinal issues

The most common restorative or alternative therapies tried were:



**86%** | physical therapy  
**80%** | hot and cold therapy  
**80%** | exercise

The most common pain medications tried at any point were:



**93%** | opioids  
**82%** | NSAIDs  
non-steroidal anti-inflammatory drugs  
**80%** | muscle relaxants  
**80%** | topical agents

The most common invasive procedures tried were:



**61%** | epidural injections  
**55%** | trigger point injections  
**49%** | nerve blocks  
**26%** | spinal fusions