Joint unloading can be important in disease treatment as well. Soft insoles or soft-heeled sports shoes may provide comfort, however, clinical trials have produced limited evidence of effectiveness. A customized brace or splint is useful for arthritis in the thumb. Exercises that can be used for joint unloading include swimming, cycling and tai chi; all can increase muscle strength. Passive and active range-of-motion exercises are helpful for maintaining flexibility. Medial tapping of the patella may be useful for patellar malalignment. Proper use of a cane (Table 2) can unload an affected hip by 60%.

The role of nutrition or diet in OA manage-