



### Ottawa Panel Evidence-Based Clinical Practice Guidelines for Therapeutic Exercises in the Management of Rheumatoid Arthritis in Adults

Bone Joint  
D.E.C. & D.E.  
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**Background and Purpose:** The purpose of this project was to create guidelines for physical therapists to use in the management of adults with rheumatoid arthritis (RA) who are unable to perform the exercises recommended in the 2017 American Rheumatology Society (ARS) Evidence-Based Clinical Practice Guidelines for Therapeutic Exercises in the Management of Rheumatoid Arthritis in Adults. The project was a multi-step process that included a literature search, a panel of experts, and a final guideline document. The project was funded by the Canadian Institutes of Health Research (CIHR) through the Ottawa Panel of Experts. The project was completed in 2018 and the final guideline document was published in 2019.

**Key Words:** Clinical practice guidelines, Evidence-based practice, Physical rehabilitation, Rheumatoid arthritis

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Abstract: Journal of Pharmacy and Pharmacology

Full Length Research Paper

#### Regulation of cartilage and inflammatory biomarkers in rheumatoid arthritis patients treated with green tea therapy

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**Abstract:** The aim of this study was to evaluate the effect of green tea therapy on the regulation of cartilage and inflammatory biomarkers in rheumatoid arthritis patients. The study was conducted in the Department of Pharmacy, Faculty of Pharmacy, Assiut University, Assiut, Egypt. The study included 30 patients with rheumatoid arthritis who were treated with green tea therapy for 12 weeks. The study was conducted in the Department of Pharmacy, Faculty of Pharmacy, Assiut University, Assiut, Egypt. The study included 30 patients with rheumatoid arthritis who were treated with green tea therapy for 12 weeks. The study was conducted in the Department of Pharmacy, Faculty of Pharmacy, Assiut University, Assiut, Egypt. The study included 30 patients with rheumatoid arthritis who were treated with green tea therapy for 12 weeks.

**Keywords:** Cartilage, Inflammatory biomarkers, Green tea therapy, Rheumatoid arthritis

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