

Supplementary information

A firm grip on hand OA: 20 years of progress and prospects

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Supplementary Box 1 | Proposed research agenda

Despite the numerous diverse studies of hand OA physiopathology, clinical presentations, disease assessment and progression and potential new therapies over the past two decades, further research is needed.

- Developing validated tools for assessing aesthetic discomfort and psychosocial aspects of hand OA, which might include visual scales or specific questionnaires focused on the appearance of the hands.
- Establishing uniform definitions for flare-ups.
- Identifying clinical and biological biomarkers associated with more severe disease and those associated with worse progression over time.
- Harmonizing imaging scores and objective endpoints (such as consensus radiographic score, MRI scale and ultrasonography assessment) to measure severity and structural progression.
- Expand international collaborations to establish a core set of outcomes and promote structured clinical registries and cohorts to better compare trials and aggregate data.