

OSTEOARTHRITIS

Clinical Diagnosis

- Pain, causing loss of ability and often stiffness.
- Crackling noise (called "crepitus") when the affected joint is moved
- Commonly affects the hands, feet, spine, and the large weight bearing joints, such as the hips and knees.
- Affected joints appear larger, are stiff and painful, and usually feel better with gentle use but worse with excessive or prolonged use
- In smaller joints, such as at the fingers, hard bony enlargements, called Heberden's nodes (on the distal interphalangeal joints) and/or Bouchard's nodes (on the proximal interphalangeal joints)
- At the toes leads to the formation of bunions, rendering them red or swollen

Investigation

Standing X rays

Treatment

- Surgery - Arthroscopy joint debridement, Joint Replacement
- Life style modification
- Physical therapy
- Analgesics- Oral Topical , Intra articular
- Glucosamine (controversial)
- Injectable medications
- Intra articular Steroid injection
- Intra articular hyaluronic acid injection