

St. John's Health Clinics

St. John's Health Clinics - Osteoarthritis or OA is likewise called degenerative joint disease or degenerative arthritis. It consists of a group of mechanical abnormalities involving the degradation of joints including sub-chondral bone and articular cartilage. Signs of OA can commonly comprise: locking, stiffness, tenderness, joint pain and sometimes an effusion.

There are different reasons of Osteoarthritis. For instance metabolic, mechanical, hereditary or developmental causes can initiate processes responsible for loss of cartilage. Bone may become exposed or damaged when bone surfaces become less well protected by cartilage. This can lead to decreased movement and a lot of pain, regional muscles might atrophy and ligaments may become more lax.

Treatments for osteoarthritis can include a combination of lifestyle changes, exercise and analgesics. One more option for those with unbearable pain is joint replacement surgery. OA is the most common type of arthritis. It affects approximately 8 million in the United Kingdom and about 27 million individuals within the USA. Presently, it is the leading reason for chronic disability of the United States too.

Signs and Symptoms

With Osteoarthritis, the main indication is pain which might result in loss of ability and extreme pain. The pain is usually described as a sensation of burning or by sharp aches in the tendons and muscles. Crepitus is the word for a crackling noise when the affected joint is touched or moved. Patients may likewise experience muscle spasm and contractions in the tendons. From time to time, the joints may likewise be filled with fluid. Cold weather conditions and humidity increases the pain in numerous patients. Bouchard's nodes and Heberden's nodes may likewise form in this illness.

OA normally affects the hands, spine, knees, hips and feet although, whatever joint could be affected. As Osteoarthritis progresses, the affected joints become stiff and painful and appear bigger. The affected joints could feel worse with prolonged or excessive use, yet often feel better with gentle use. These characteristics differentiate rheumatoid arthritis from OA.

Heberden's nodes are bony, hard enlargements which can happen in smaller joints as in the fingers. These nodes are usually found on the distal interphalangeal joints in the fingers. Bouchard's nodes can also take place on the proximal interphalangeal joints. Even though these nodes can significantly limit the movement of the fingers, they are not necessarily painful. When Osteoarthritis forms in the toes, the formation of bunions can happen, rendering them red and swollen.

OA is the most frequent reason for joint effusion, which is normally referred to as "water on the knee," in lay terms to describe an accumulation of excess fluid in or around the knee joint.