

Moncton Health Clinics

Moncton Health Clinics - Osteoarthritis is a degenerative joint disease normally called degenerative arthritis. This group of illnesses consists of certain mechanical irregularities that involve the degradation of joints; like for instance the sub-chondral bone and articular cartilage. Signs of OA can commonly comprise: stiffness, locking, tenderness, joint pain and at times an effusion.

There are several causes of Osteoarthritis, consisting of the numerous mechanical, metabolic, developmental and hereditary reasons which may trigger the initiate processes responsible to loss of cartilage. Bone could become damaged or exposed when bone surfaces become less well protected by cartilage. This may result in decreased movement and a lot of pain, ligaments can become more lax and regional muscles might atrophy.

There are different treatments offered that combine a combination of exercise, lifestyle modification and analgesics. Joint replacement surgery can be an alternative for individuals who find unbearable pain. OA is the most common type of arthritis. It affects approximately 27 million individuals within the United States and approximately 8 million within the UK. Presently, it is the leading cause of chronic disability of the United States too.

Signs and Symptoms

With Osteoarthritis, the main symptom is pain which can lead to loss of ability and extreme pain. The pain is generally described as a sensation of burning or by sharp aches within the muscles and tendons. Crepitus is the word for a crackling noise when the joint that is affected is touched or moved. Patients can also experience contractions in the tendons and muscle spasm. At times, the joints can also be filled with fluid. Cold climate and humidity increases the pain in lots of people. Heberden's nodes and Bouchard's nodes could likewise form in this illness.

The most commonly affected parts of this condition is the hands, spine, hips, feet, and knees. The affected joints would become more painful, stiff, and appear larger when Osteoarthritis progresses. The affected joints could feel worse with excessive or prolonged use, yet often feel better with gentle use. These characteristics distinguish rheumatoid arthritis from OA.

The condition known as Herberden's nodes, manifest as bony enlargements which happen in the smaller joints as in the fingers. Bouchard's nodes can also occur 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 take place, rendering them swollen and red.

OA is the most frequent cause of joint effusion, that is normally known as "water on the knee," in lay terms to describe an accumulation of excess fluid in or around the knee joint.