

Osteoarthritis

Risk Factors

Increasing age



Joint trauma



Obesity



Female gender

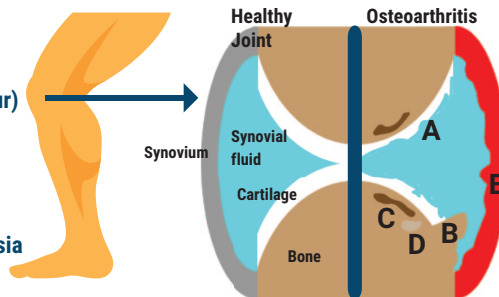


Genetic



Pathology: Degeneration of the Whole Joint

- A) Cartilage degeneration
- B) Osteophyte formation (bone spur)
- C) Subchondral bone sclerosis
- D) Subchondral cyst formation
- E) Synovitis and synovial hyperplasia



History/Physical Exam

Pain



Decreased range of motion



Impaired mobility



Swelling



Imaging: X-Ray Gold Standard



- Joint space narrowing (loss of cartilage)
- Osteophyte formation (bone spur)
- Subchondral bone sclerosis
- Subchondral bone cyst

Treatment

Weight loss/Activity modification

Physical therapy/Bracing

Acetaminophen/NSAIDS

Intra-articular (IA) injections: corticosteroid, hyaluronic acid

Joint replacement (arthroplasty)



Most Common Joints Affected

Knee
Hip
Spine
Finger
Toe

