

Halifax Health Clinics

Halifax 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. Symptoms of OA can commonly consist of: locking, stiffness, joint pain, tenderness and at times an effusion.

There are a variety of causes for Osteoarthritis. For example mechanical, metabolic, hereditary or developmental causes may start processes responsible to loss of cartilage. Bone may become exposed or damaged when bone surfaces become less well protected by cartilage. This can result in less movement and a lot of pain, ligaments could become more lax and regional muscles can atrophy.

Treatments for osteoarthritis might include a combination of lifestyle changes, analgesics and exercise. One more alternative for people with debilitating pain is joint replacement surgery. OA is the most common kind of arthritis. It affects approximately 8 million in the UK and around 27 million people in the United States. Now, it is the leading reason for chronic disability of the United States also.

Signs and Symptoms

With Osteoarthritis, the main sign is pain that can lead to extreme stiffness and the loss of ability. The pain is generally described as a sensation of burning or by sharp aches within the tendons and muscles. Crepitus is the term for a crackling noise when the affected joint is moved or touched. People may likewise experience muscle spasm and contractions in the tendons. Sometimes, the joints can likewise be filled with fluid. Cold weather and humidity increases the pain in many patients. Heberden's nodes and Bouchard's nodes may likewise form in this disease.

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

Heberden's nodes are hard, bony enlargements which can take place within smaller joints as within the fingers. These nodes are normally found on the distal interphalangeal joints in the fingers. Bouchard's nodes can likewise occur on the proximal interphalangeal joints. Even if 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 red and swollen.

Joint effusion, that is an accumulation of excess fluid in or around the knee joint, known most typically as "water on the knee;" is most commonly caused by osteoarthritis.