

## Kitchener Health Clinics

Kitchener Health Clinics - Osteoarthritis or OA is also referred to as degenerative joint disease or degenerative arthritis. It consists of a group of mechanical irregularities involving the degradation of joints consisting of sub-chondral bone and articular cartilage. Symptoms of OA can often include: stiffness, locking, joint pain, tenderness and sometimes an effusion.

There are several reasons for Osteoarthritis, consisting of the many metabolic, mechanical, hereditary and developmental causes which can 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 lead to decreased movement and much pain, ligaments could become more lax and regional muscles might atrophy.

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

### Signs and Symptoms

The main sign of Osteoarthritis is pain which can lead to extreme stiffness and loss of ability. Generally, the pain is described as a burning sensation or sharp ache in the associate muscles and tendons. Crepitus is the word for a crackling noise when the affected joint is touched or moved. People may even experience contractions in the tendons and muscle spasm. At times, the joints can likewise be filled with fluid. Humidity and cold weather conditions increases the pain in numerous individuals. Heberden's nodes and Bouchard's nodes could likewise form in this sickness.

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

Herberden's nodes are bony, hard enlargements that can happen in smaller joints like in the fingers. These nodes are normally found on the distal interphalangeal joints within the fingers. Bouchard's nodes can also occur on the proximal interphalangeal joints. Though these nodes can considerably limit the movement of the fingers, they are not necessarily painful. When Osteoarthritis forms within the toes, the formation of bunions can occur, rendering them swollen and red.

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