

## Brandon Health Clinics

Brandon Health Clinics - Osteoarthritis is a degenerative joint disease usually known as degenerative arthritis. This group of diseases comprises certain mechanical irregularities which involve the degradation of joints; such as the sub-chondral bone and articular cartilage. Symptoms of OA can often include: locking, stiffness, tenderness, joint pain and at times an effusion.

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

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

### Signs and Symptoms

With Osteoarthritis, the main sign is pain that can cause extreme stiffness and the loss of ability. The pain is generally 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 moved or touched. People can even experience muscle spasm and contractions in the tendons. Sometimes, the joints may also be filled with fluid. Humidity and cold climate increases the pain in a lot of individuals. Bouchard's nodes and Heberden's nodes could likewise form in this illness.

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

Herberden's nodes are hard, bony 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 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 within the toes, the formation of bunions can take place, rendering them red and swollen.

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