

## Stratford Health Clinics

Stratford Health Clinics - Osteoarthritis is a degenerative joint disease usually called degenerative arthritis. This group of illnesses consists of certain mechanical irregularities which comprise the degradation of joints; like for example the articular cartilage and the sub-chondral bone. Indications of OA can often include: locking, stiffness, tenderness, joint pain and sometimes an effusion.

There different reasons of Osteoarthritis. Like for example metabolic, mechanical, developmental and hereditary reasons can start processes responsible to loss of cartilage. Bone can become exposed or damaged when bone surfaces become less well protected by cartilage. This might cause less movement and a lot of pain, ligaments may become more lax and regional muscles might atrophy.

Treatments for osteoarthritis may consist of a combination of lifestyle modifications, analgesics and exercise. One more option for people with debilitating pain is joint replacement surgery. OA is the most common type of arthritis. It affects roughly 8 million within the United Kingdom and roughly 27 million individuals within the United States. Currently, it is the leading cause of chronic disability of the United States as well.

### Signs and Symptoms

With Osteoarthritis, the main symptom is pain which 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 joint that is affected is touched or moved. People can even experience muscle spasm and contractions in the tendons. From time to time, the joints might also be filled with fluid. Humidity and cold weather conditions increases the pain in many individuals. Heberden's nodes and Bouchard's nodes can likewise form in this illness.

OA normally affects the spine, hands, hips, feet, and knees however, whatever joint can be affected. As Osteoarthritis progresses, the affected joints become stiff and painful and appear larger. The affected joints can feel worse with excessive or prolonged use, yet usually feel better with gentle use. These characteristics distinguish rheumatoid arthritis from OA.

Herberden's nodes are bony, hard enlargements that could take place in smaller joints as within the fingers. These nodes are usually 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 in the toes, the formation of bunions can occur, rendering them swollen and red.

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