

# Osteoarthritis

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## What is Osteoarthritis?

Osteoarthritis is a chronic joint disorder in which there is progressive softening & continuous damage leading to destruction of articular cartilage (layer of substance lying over joint surface). Generally it is a disease of advancing age but young people can also develop OA. It is more common in Hip, Knee & Spine. Knees are the most common site of affection in Indian population & in obese person.

Remember, If you live long enough you will get it somewhere in your life.

## What are the causes of Osteoarthritis?

Causes are divided in two heads:

- (1) Weak cartilage
- (2) Abnormal stresses

### (1) Weak cartilage

Genetic predisposition (you may get it from your parents.)

- ✚ Metabolic influences
- ✚ Hormonal influences
- ✚ Preexisting diseases of joint leading to abnormal cartilage

### (2) Abnormal stress

- ✚ Pattern of joint usage (squatting leads to OA knee)
- ✚ Heavy manual workers may have OA elbow/ wrist
- ✚ Obesity
- ✚ Preexisting deformity – changing the lever system around joint
- ✚ Osteonecrosis (making bone fragile at that joint)
- ✚ Healed intra-articular fracture (leading to irregular & hard surface acting as poor shock absorber)

## What are the symptoms?

Middle aged patient usually

- ✚ Pain – on using that joint (climbing stairs, standing from squatting in knee joint involvement)
- ✚ Stiffness - occurs after a period of rest
- ✚ Swelling - comes intermittently (off & on)

- ✚ Deformity - may lead to abnormal stress & usually lead to rapid progression
- ✚ Crepitus - on movement of joint crackling sound may heard or felt
- ✚ Loss of function - reduced range of movement lumping, difficulty in climbing stairs, progressive inability to perform daily activities.

## What are the Treatment Options?

In early Osteoarthritis - pain relief (with variety of pain killers), mobilization & load reduction are the mainstay of treatment.

If Symptoms & sign increase then operative/invasive treatment options are helpful.

### INTRA ARTICULAR INJECTIONS / VISCOSSUPPLEMENTATION

- ✚ Arthroscopic lavage & Debridement
- ✚ Osteotomy for realignment
- ✚ Mosaic plasty technique
- ✚ Autologous chondrocyte implantation
- ✚ Joint Replacement Surgery.

## Living with Osteoarthritis

Encourage positive thoughts, positive thinking & positive attitude:

### (1) Posture

- ✚ don't sit in squatting or cross legged position
- ✚ stand with your weight evenly distributed between both the feet
- ✚ sit in the chair of right height & proper backrest
- ✚ do not lean too much while working on the desk
- ✚ While climbing stairs, walk up one step at a time.

### (2) Avoid Stiffness

- ✚ Do not sit at place or position for a long time
- ✚ Do stretching exercise before starting you day

### (3) Diet Modification

- ✚ Don't take extra calories & extra fat , take low fat healthy diet
- ✚ Don't take crash dieting
- ✚ Take plenty of fluids (at least 2-2.50 liter/day)
- ✚ Diet must be rich in Vitamins D, Vitamins C & Calcium
- ✚ Intake of milk /milk products, Green leafy vegetables, fish oils, Mustard /Soybeans oil.

### (4) Regular exercise

- ✦ Movement of affected joints for range of movement exercises
- ✦ Muscle strengthening exercise – e.g. Quadriceps ex

#### **(5) Proper indication**

- ✦ Calcium, pain killers
- ✦ Glucosamine in early osteoarthritis
- ✦ Anti oxidants.

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Article by: **Dr. Rajesh Bajpai, (D. Orth.)**

E-mail: [bajpai\\_rajesh@rediffmail.com](mailto:bajpai_rajesh@rediffmail.com)

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