

## Timmins Health Clinics

Timmins Health Clinics - Osteoarthritis or OA is also called degenerative joint disease or degenerative arthritis. It consists of a group of mechanical abnormalities involving the degradation of joints comprising articular cartilage and sub-chondral bone. Signs of OA can normally consist of: locking, stiffness, tenderness, joint pain and at times an effusion.

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

Treatments for osteoarthritis can comprise a combination of lifestyle modifications, analgesics and exercise. One more option for people with unbearable pain is joint replacement surgery. OA is the most common kind of arthritis. It affects approximately 27 million people within the United States and approximately 8 million within the UK. Now, it is the leading cause of chronic disability of the United States as well.

### Signs and Symptoms

The main sign of Osteoarthritis is pain that can result in loss of ability and extreme stiffness. Usually, the pain is described as a burning sensation or sharp ache in the associate tendons and muscles. Crepitus is the term for a crackling noise when the joint that is affected is moved or touched. Individuals can even experience muscle spasm and contractions in the tendons. Sometimes, the joints may also be filled with fluid. Humidity and cold weather increases the pain in numerous people. Bouchard's nodes and Heberden's nodes may likewise form in this disease.

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

Herberden's nodes are hard, bony enlargements that can take place in smaller joints like within the fingers. These nodes are normally found on the distal interphalangeal joints within the fingers. Bouchard's nodes can also happen on the proximal interphalangeal joints. Although 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 happen, rendering them swollen and red.

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