

## Owen Sound Health Clinics

Owen Sound Health Clinics - Osteoarthritis is a degenerative joint disease usually called degenerative arthritis. This group of diseases comprises certain mechanical abnormalities that involve the degradation of joints; like for example the articular cartilage and the sub-chondral bone. Indications of OA can commonly consist of: stiffness, locking, joint pain, tenderness and at times an effusion.

There various reasons of Osteoarthritis. For example 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 can lead to much pain and less movement, ligaments could become more lax and regional muscles can atrophy.

There are various treatments available which 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 kind of arthritis. It affects around 8 million within the United Kingdom and around 27 million people within the USA. Currently, it is the leading cause of chronic disability of the United States also.

### Signs and Symptoms

The main symptom of Osteoarthritis is pain that can lead to extreme stiffness and loss of ability. Usually, the pain is described as a sharp ache or a burning sensation in the associate muscles and tendons. Crepitus is the word for a crackling noise when the affected joint is moved or touched. People can even experience contractions in the tendons and muscle spasm. Every so often, the joints may likewise be filled with fluid. Cold weather conditions and humidity increases the pain in many people. Bouchard's nodes and Heberden's nodes may likewise form in this sickness.

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

The condition known as Herberden's nodes, manifest as bony enlargements that take place in the smaller joints as in the fingers. Bouchard's nodes can likewise occur 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 occur, rendering them red and swollen.

OA is the most frequent reason for joint effusion, that is often referred to as "water on the knee," in lay terms to describe an accumulation of excess fluid around or in the knee joint.