

Osteorthritis

Osteorthritis : is a common type of arthritis in which is a gradual loss of cartilage from the joints

Osteorthritis is due to wear and tear of joint cartilage.

- Bone
- Cartilage
- Ligament
- Synorrial fluid

Normal Healthy joint

- Damaged bone
- Synorrial fluid reduced
- Narrowing of joint space

1. Which are the points affected in osteorthritis ?

Spine , Hip , Knee , Hand , Foot .

2. Risk factor of osteorthritis ?

Obesity , Age and gender , Family history , Occupation , Sports , Diet .

3. Symtoms of osteorthritis ?

Knee pain , Swelling of joints , Difficulty in walking or climbing stairs , Stiffness in the knee after sitting for a long time , Creating sound with knee movements.

4. Diagnostic test for osteoarthritis ?

Clinical examination , x-ray , bone scanning .

5. How does osteoarthritis affects quality of life ?

Job limitation , difficulty in participating in everyday personal & family joys & responsibilities , Feeling of helpless , Anxiety , Depression .

6. What are the management option for osteoarthritis ?

Non Pharmacological options

Exercise , Weightloss , Electrotherapy , Acupuncture , Aids devicies and physiotherapy .

7. What are the management option for osteoarthritis ?

Pharmacological options :

Topical treatment , Disease modifying drugs oral analysis , Intra articular injections , invasive treatment for knee osteoarthritis.

Compliance and Follow up

- Follow up is pivotal to osteoarthritis treatment and patient safety.
- Your Doctor can help to ease your symptoms and also slow osteoarthritis progression.
- Upon diagnosing with osteoarthritis, make sure to visit your healthcare providers.
- Stay in contact with your doctor for a better management of symptoms and monitoring of the Joint damage.
- Keep your doctor informed about your medications. Pain and mobility levels.
- Make regular appointments with your doctor, follow them and call the doctor in case of any Problems.

Stick to the plan:

- Osteoarthritis treatment needs a strict adherence treatment plan & regular follow up with the healthcare providers.
- Adhere to the treatment plan for an effective pain management.
- Take medication as indicated and follow your doctor's advice.
- Failure to adhere to the treatment plan may lead to the recurrence of inflammation and pain.

Exercise for Osteoarthritis:

- Standing quadriceps stretch, Straight leg raises heel card stretch, leg extension, leg presses supine
- hamstring stretch.

Diet for Osteoarthritis :

- Omega -3 Fatty acids reduces joint inflammation
- Antioxidant vitamin c is necessary for cartilage development .
- Vitamin D helps to prevent cartilage breakdown, Cartilage breakdown and decreases the risk of joint space narrowing .
- Beta – Carotene helps to destroy free radicals causing excessive joint damage .
- Bioflavonoids like quercetin & anthocyanidins present in broccoli , onion , grapes etc have anti – inflammatory properties .
- Spices (turmeric and ginger) Have anti – inflammatory properties . turmeric can help arthritis by
- suppressing inflammatory body chemicals.

Do's for Osteoarthritis :

- Use knee cap support or posterior guard .
- Wear comfortable and well fitting shoes to reduce stress on joints
- Do regular knee exercise and movement in order to avoid stiffness of the knee joint .
- Have proper diet with reduced sugar consumption and increases the intake of salads , fruits , sprouts & vegetables.

Don'ts Osteoarthritis :

- Avoid weight gain .
- Avoid doing prolonged activities that put strain on joints like gardening , standing for longer duration .
- kneeling and squatting etc .
- Avoid jerky movements .

By

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