

LECTURE 11

Arthritides

- Diseases that cause arthritis – joint inflammation
- Other symptoms:
 - o Joint pain
 - o Swelling
 - o Reduced ROM
 - o Malaise

Osteoarthritis

- Degenerative joint disorder
- Progressive loss of articular cartilage accompanied by new bone formation & capsular fibrosis
- Local degeneration of articular cartilage (major pathology)
- Synthesis of new bone at joint surfaces or margins (osteophytes)
- Strongly related to ageing
- Risk factors:
 - o Age
 - o Gender
 - o Ethnicity
 - o Occupation (repetitive trauma, overuse)
 - o Obesity – History of joint trauma
 - o Bone or joint disorders
 - o Genetic mutations of collagen
 - o History of inflammatory arthritis
- Types:
 - o Primary or idiopathic
 - Most common type
 - When there is no known cause
 - o Secondary
 - Diagnosed with an identifiable cause
 - e.g. Trauma, underlying joint disorder
- Signs/Symptoms:
 - o Osteophytes
 - o Cartilage destruction
 - o Joint malalignment
 - o Ligament & tendon laxity

- Movement or gait problems
- Activity limitation
- Pain worse during activity, better with rest
- Effects:
 - Joint contractures
 - Decrease in joint mobility
 - Increased energy expenditure
 - Inactivity
 - Increased comorbidities because of the above

Rheumatoid Arthritis

- Synovitis or inflammation of the synovial membrane (dominant pathology)
- Chronic systemic inflammatory disease affecting the synovium or diarthrodial joints
- Often diagnosed 30 – 60 year old
- More prevalent with age
- Shortens life expectancy
- Unknown aetiology
- Progression and pattern of inflammation
 - Genetic
 - Environmental
- Signs/symptoms:
 - Joint swelling
 - Joint pain
 - Joint stiffness > 60 min
 - Contractures
 - Bilateral joint involvement is typical
 - Weakness
 - Fatigue
 - Inflammation
- Effects:
 - Muscles/tendons spasm
 - Ligament weakened
 - Sjogren's Syndrome – dry eyes and mouth
 - High incidence of MI and stroke

Classification of Global Functional Status