# Osteoarthritis Cheat Sheet

by ellieacook via cheatography.com/158377/cs/33432/

## Background

- Not an inflammatory condition
- Occurs in synovial joints
- Due to genetic factors, overuse, and injury

## Presentation

- Joint pain
- Stiffness for <30mins - worse with activity
- Crepitus
- Limited range of movement

## Commonly Affected Joints

- Hips
- Knees
- SI joints
- DIPs + MCP
- Wrist
- Cervical spine

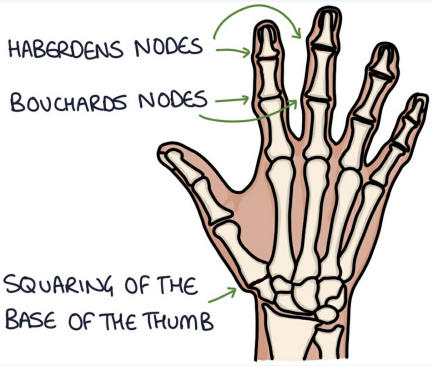
## Complications of THR

- Neurovascular injury (external iliac)
- Infection
- Dislocation
- Periprosthetic fracture
- Loosening of implant + polyethylene wear, implant failure

## Risk Factors

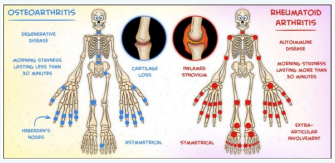
- Obesity
- Age
- Occupation
- Trauma
- Female
- Family history

## Hand Signs

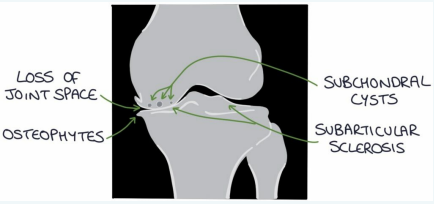



- Heberden's nodes (DIP)
- Bouchard's nodes (PIP)
- Squaring of thumb (CMC)
- Weak grip
- Reduced range of motion

## Difference Between OA and RA




## Xray Changes (LOSS)




## Diagnosis

No investigations needed if:

- Patient over 45
- Has typical activity-related pain
- No morning stiffness
- Stiffness lasts <30 mins

## Management

| | |
|---|---|
| 1st line | Patient education, physio, OT, orthotics |
| 2nd line | **Analgesia**<br>PO paracetamol + topical NSAIDs<br>Add PO NSAIDs (+ PPI)<br>Opiates (codeine, morphine) |
| 3rd line | Intra-articular steroid injections |
| 4th line | Joint replacement |


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Published 29th July, 2022.
Last updated 28th July, 2022.




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