

### 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

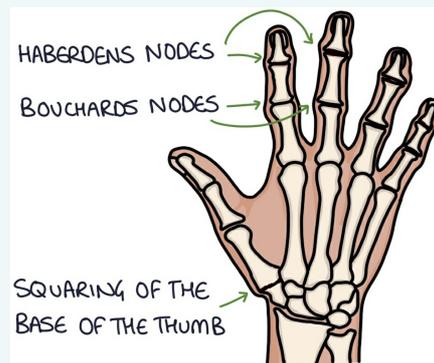
### Complications of THR

- 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

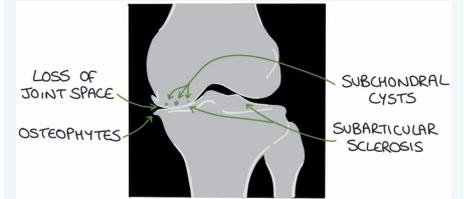


- Heberden's nodes (DIP)
- Bouchard's nodes (PIP)
- Squaring of thumb (CMC)
- Weak grip
- Reduced range of motion

### 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**  
PO paracetamol + topical NSAIDs  
Add PO NSAIDs (+ PPI)  
Opiates (codeine, morphine)
- 3rd line: Intra-articular steroid injections
- 4th line: Joint replacement



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