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

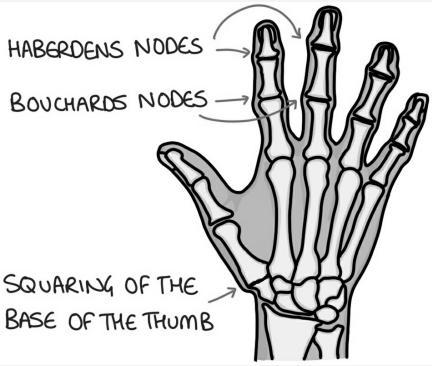
Occupation

Trauma

Female

Family history

Hand Signs



Heberden's nodes (DIP)

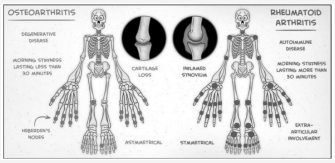
Bouchard's nodes (PIP)

Squaring of thumb (CMC)

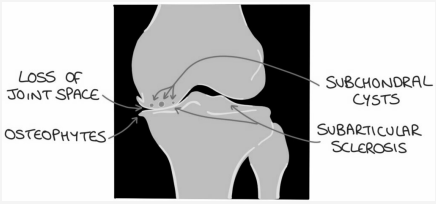
Weak grip

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** 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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