## DISH x-ray (ALL)

- Radiolucent horizontal cleft
- Disc height preserved
- Bony bars
- No sacroiliitis
- Hyperostosis ends from mid-anterior portion of the VB (out and up)
- Can affect costotransverse, costo-vertebral and other joints

### Findings

**DISH**
- Diffuse Idiopathic Skeletal Hyperostosis
- Calcification and ossification of ligaments
- Decreased ROM, Stiffness, dysphagia
- Associated with Diabetes, obesity & hypertension
- Uncommon in pts >50 yo

**DISH in other areas**
- Most commonly in the pelvis, patella, calcaneus, and elbow - can affect any place where there is a ligamentous/tendinous insertion
- "Whiskering" of the bone and ossification of ligament/tendon

**Management**
- Mobilisation and NSAIDs
- Hip and Knee ossification may require surgery if severely affecting ADL
### Complications

- Myelopathy
- Cx Radiculopathy
- Dysphagia
- VB #

### Charcot Joint

- Damage of the nerves, injured extremity due to lack of sensation
  - Decreased Pain sensation and proprioception
- Joint is swollen + unstable

**Causes**

- Alcoholism
- Diabetes
- Syringomyelia
- Trauma
- Steroids
- Leprosy
- Charcot- Marie Tooth

**Knee involvement = tabes dorsalis**

Talonavicular/Tarsometatarsal = Diabetes

### Findings

**The 6 Ds**

- Distended Joint
- Density Increase
- Debris
- Dislocation
- Disorganisation
- Destruction

**CPPD**

- Calcium Pyrophosphate Dihydrate Disease
  - Crystals into cartilage, synovium, tendons and ligaments
- Chondrocalcinosis = deposition of crystals in cartilage
  - Usually affects: >50y, Diabetics, Gout, Hyperparathyroidism, Genetic factors
- Can cause acute inflammatory reaction (pseudogout)

### Findings

**Calcification in joint compartments**

DJD presentation in an unusual location = CPPD

- In scapho - lunate ligament, causes a wide scapho-lunate joint + collapse of wrist

**DDx**

- DJD
- Hemochromatosis
- Hyperparathyroidism
- Wilson's Disease
- Gout

### HADD

- Hydroxyapatite Deposition Disease
  - Common in shoulder, elbow, wrist, hip, knee, ankle, spine
- AKA calcific tendinitis

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Not published yet.


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## HADD on imaging

<table>
<thead>
<tr>
<th>Findings</th>
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</thead>
<tbody>
<tr>
<td>- Toothpaste-like</td>
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<tr>
<td>- Outside articulating surfaces</td>
</tr>
<tr>
<td>- Low signal on both T1 &amp; T2</td>
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### Management
US + Shockwave therapy

## Gout

- Most Common
- Affects Males >40y
- Diet high in purines (fish, meat)
- Build up of uric acid - after breaking down purines
- Sodium urate builds up in joints
- Synovitis - acute hot, red, painful swollen joints
- High blood pressure, diabetes, kidney problems, too much alcohol
- Treated with allopurinol

## Findings

- Tophi around joints
- Para-articular erosion + sclerosis and overhanging margin sign
- Feet, hands, elbow mainly affected
- "lumpy and bumpy"

## Gout on imaging

Yellow Arrow = Over hanging margin sign
Red Arrow = Marginal Erosions
Green Arrow = Peri-articular Erosion