

DJD in the extremities Cheat Sheet

by Siffi (Siffi) via cheatography.com/122609/cs/22927/

Imaging findings - DJD of the hip		
Asymmetric	Loss of joint space - mostly in superior compartment	
Osteophyte formation	Subchrondal cysts	
Subchrondral sclerosis	Buttressing (thickening of the medial aspect of femoral head)	
Joint deformity		

Acetabular Protrusion	
Severe medial hip migration	Remodeled acetabulum
Kohler's line reduced	Otto's pelvis - Bilateral, RA
DDx	OA, RA, bone softening, Paget's disease, Osteomalacia
	Normal Variant in females and coxa profunda

DJD of the Knee		
Asymmetric loss of joint space (medial)	Genu Varus (bowing)	
Subchondral Sclerosis	Subchondral Cysts	
Articular deformity and irregularity	Hypertrophic Changes of the intercondylar spines	
Enthesopathy of the anterior non-articular surface of the patella	Subluxation	
Intraarticular loose bodies - clicking and locking of the knee)	Osteophytes	
If BOTH sides of knee joint involved, consider RA		

DJD of the Ankle		
- Affects talo-crural joint	- Common if previous trauma	
Non-uniform loss of joint space	Sclerosis	
Subchrondral cyst	Osteophytes	
Enthesopathy		
Enthesopathy Osseous proliferation at tension/ligament inferior - heel spurs in the feet		

Great Toe DJD	
Decreased Joint Space	Osteophytes
Hallux Valgus	Subchondral sclerosis
Joint Deformity	

DJD of the shoulder		
Not commonly involved without trauma	AC joint involved	
Leads to impingement + degeneration of rotator cuff tendons		
Findings	Sclerosis	
Subchondral cysts	Osteophytes	
Loose Bodies	Loss of joint space	



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DJD of the hands	
Locations	DIPs
	PIPs
	1st MC joints - lateral misalignment
Herberdens nodes	DIPs

Erosive OA	
- Inflammatory	- Gull wing appearance of DIP joints
- Causing pain, redness, swelling and decreased ROM	- Elevated ESR
- Sawtoothing & subluxation	- Marginal Erosions



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