Seronegative spondy Cheat Sheet

by Siffi (Siffi) via cheatography.com/122609/cs/22984/

Types

- Ankylosing Spondylitis	- Enteropathic Arthritis
- Psoriatic Arthritis	- Reiter's Syndrome
- Undifferentiated	
- Targets entheses	- HLA-B27
- Targets Gut, Skin, Eyes and aortic valve	- Often triggered by environmental factors

Sacroiliitis

- Erosions and Sclerosis of the SI joints	- Can be uni/bilateral/symmetrical/asymmetrical
- Caused by a systemic inflammatory disease	
- In AS, occurs on iliac side of the joint first because of the thickness of the sacral cartilage	

Radiographic Findings of Sacroiliitis



Loss of smooth cortical bone - iliac side of joint
Affects Lower 2/3 of joint
Erosions
Pseudowidening
Sclerosis
Eventual Fusion of joint

Ankylosing Spondylitis (AS)

- Chronic Inflammatory Arthritis	- 15-35 age of onset
- Men affected more than women	- Starts in SI bilaterally & symmetrically
- Syndesmophytes @ T-L Junction	- HLA-B27
- Elevated ESR	- RF -
- Pain and stiffness worse in the morning, improving throughout the day	- Pain during exercise, relieved by rest
- Inflammation of discovertebral, zygapophyseal, costovertebral and costotransverse and parvertebral ligamentous structures of Tx spine	

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Cheatography

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AS Radiography



Vertebral Body corners are eroded and body becomes squared

Syndesmophytes start to bridge over the outer annular fibres

Changes occur at the disco-vertebral junction

1. Romanus Lesion - Active Inflammation
2. Shiny corner - Active repair
3. Vertebral Squaring - Permanent Deformity
4. Syndesmophytes - Post-Inflammatory calcification of annulus fibrosis "Bamboo spine"

Clinical Features

Iritis, Conjunctivitis	Aortic Insufficiency
Pulmonary Fibrosis	Limited Chest expansion
Decreased Schobers	

Enteropathic Spondylitis

- Crohn's and Ulcerative Colitis	- Causes similar features to AS

Psoriatic Arthritis

- Complication of Psoriasis	- Male and Female equally affected
- Affects Hands (DIPs) and SI joints	

Radiology Findings



- Periostitis erosions - Mouse ears appearance
- Joint space narrowing
- Bone is fluffy and spiculated
- Ray pattern - joints in a single-digit more affected than the other side
- Asymmetrical
- Sausage Digits
- Arthritis Mutilans - severely deformed hands resulting from severe inflammation
- Acro - osteolysis - resorption of the distal phalanx
- In the Spine, Sacroiliitis is common - unilaterally, bilateral but asymmetrical
- Non marginal syndesmophytes
- Increased ADI

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Reactive Arthritis (Reiter's syndrome)

Urethritis, Conjunctivitis, Arthritis	Usually lower extremities
Radiographically identical to Psoriatic Arthritis	STD/GI Infection
"Can't Pee, Can't See, Can't Dance with me"	

Radiology Findings

- Asymmetrical	- Sausage Digits
- Enthesitis - heel pain, achilles tendonitis/pain at insertion of patella	- More males than females

Osteitis Condensans Ilii



- Mechanical Stress of the SI
- Benign Sclerosis of the iliac side, lack of joint space narrowing
- Bilateral + Symmetrical
- Usually a Triangular shape

Management

- Extension stretches and exercises (reduces Tx kyphosis)
- Myofascial therapy
- Ultrasound and electrical stimulation
- SMT contraindicated with acute inflammation
- Mobilisation
- Swimming
- Nutritional Support (calcium, vitamin D, Omega 3 fish oils)

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