

# OSTEOARTHRITIS-Important Points



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# Overview



- ❧ Primary OA- degeneration occurring in intact joints
- ❧ Secondary OA- degenerative disease of the synovial joints that results from some predisposing condition.

# Epidemiology - knee



- ∞ Male: Female ratio is M>F
- ∞ At 55-64yrs; 28% develop knee OA, 23%-Hip OA
- ∞ 65-74yrs; 39% develop knee OA, 23% Hip OA
- ∞ 75-79yrs; 100% develop knee OA/Hip OA

# Risk Factors

- ∞ Age
- ∞ Obesity (increases mechanical stress)
- ∞ Trauma
- ∞ Genetics
- ∞ Repetitive use
- ∞ Infection
- ∞ Crystal deposition
- ∞ Acromegaly
- ∞ Previous RA, Neuropathic disorders
- ∞ orthopedic disorders (eg, congenital hip dislocation, slipped femoral capital epiphysis)
- ∞ Disorders of bone (eg, Paget disease, avascular necrosis)

# Clinical Presentation



- ∞ Symptoms- Pain, Stiffness, +/- joint swelling, ↓ mobility
- ∞ Signs- joint line tenderness, ↓ ROM, +/- Varus/valgus deformity
- ∞ Investigations- x-rays, +/- MRI
- ∞ NB- radiologic changes (joint space narrowing, subchondral erosion, osteophytes,



# Treatment – general for hips and knees



- ❧ **AIM- to help alleviate pain and improve function**
- ❧ Non surgical
  - Pharmacological- analgesia, Intra-articular joint injections
  - Physical therapy, weight reduction.
  - Non pharmacological- physiotherapy, knee splints

# Management hip / knee



## ∞ Surgical

- Total hip or knee replacement,
- Unicompartement knee replacement
- Osteotomy -





# INDICATIONS FOR SURGERY



- ❧ Severe disabling pain/Night pain
- ❧ Dysfunction which impacts on patients quality of life
- ❧ Significant deformity
- ❧ Exhaustion of conservative measures and remains symptomatic

# Complications



## ☞ GENERAL

- Anesthetic
- Deep venous thrombosis
- Pulmonary embolism
- Myocardial Infarction, CVE.

# COMPLICATIONS



## ∞ SPECIFIC COMPLICATIONS OF JOINT REPLACEMENTS

Infection, Delayed wound healing

nerve/bleeding -vessel injury

Persistent discomfort, soft tissue / scar symptoms

Risk of revision surgery – hip dislocation, fracture around implant,  
failure of implant etc

Deep Vein clot and Pulmonary Embolism

Leg length in-equality, clicks and squeaks in the joint