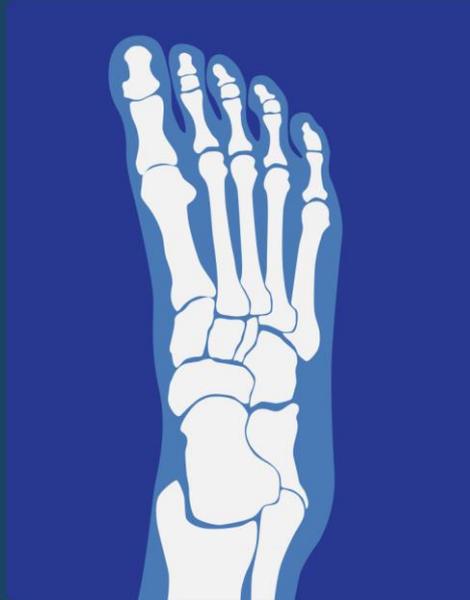
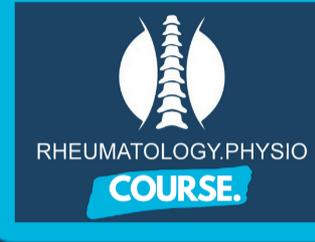


Osteoarthritis



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Definition

Diagnosis

Pathophysiology

Symptomology

Define OA



Define OA



Disease of the whole joint (whole system?)
Joint related dysfunction
Complex interplay of causative and correlated factors

Diagnose OA



NICE

Diagnose Clinically Without investigations IF:

Over 45

Activity related joint pain

None or joint related stiffness is <30 mins



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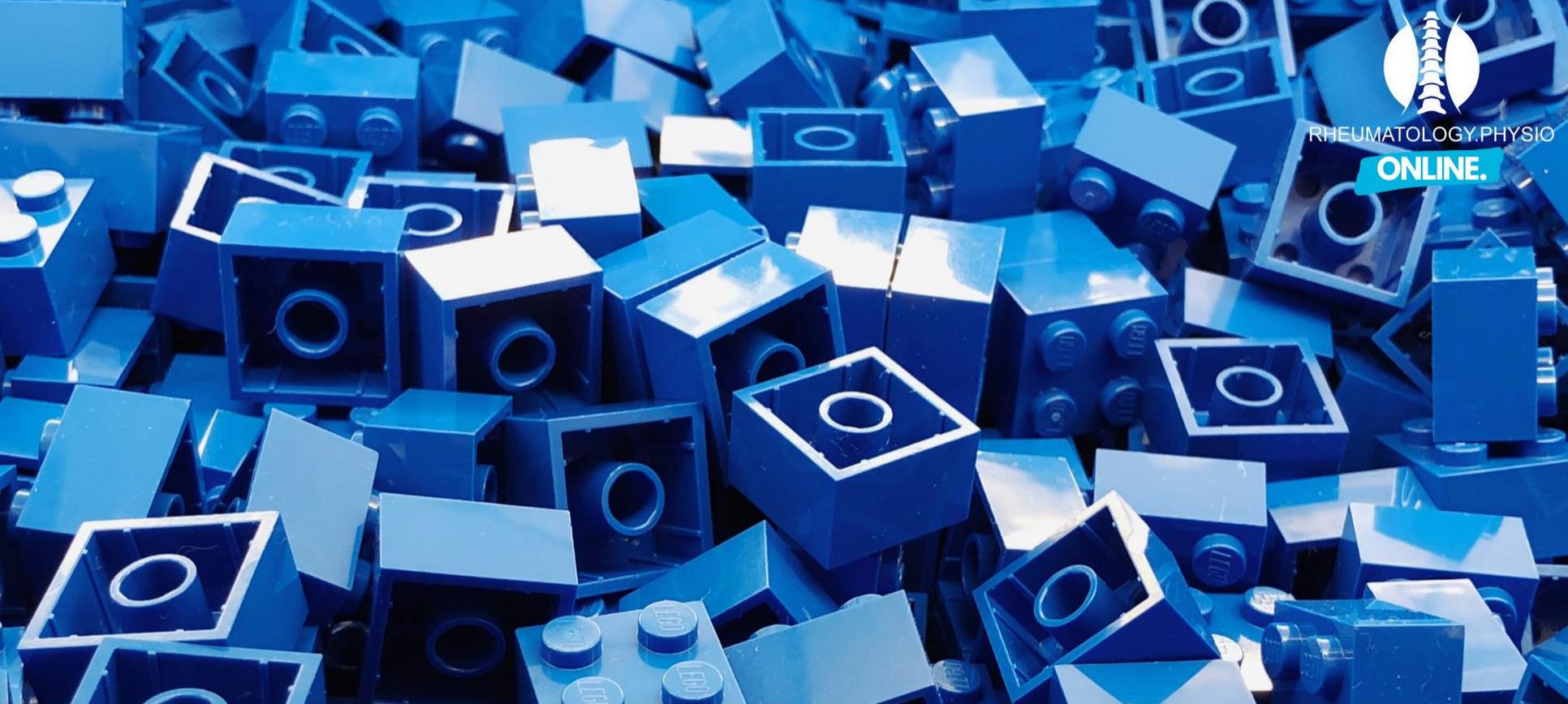
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OA Pathophysiology



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Suppression of Restoration



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Genetics
Obesity
Poor health choices
Injury
Age
Inactivity

Suppression

Restoration



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Suppression

Genetics
Good health choices
Loading
Weight loss

Restoration

Symptomology



Pain?

Swelling/Redness/Heat?

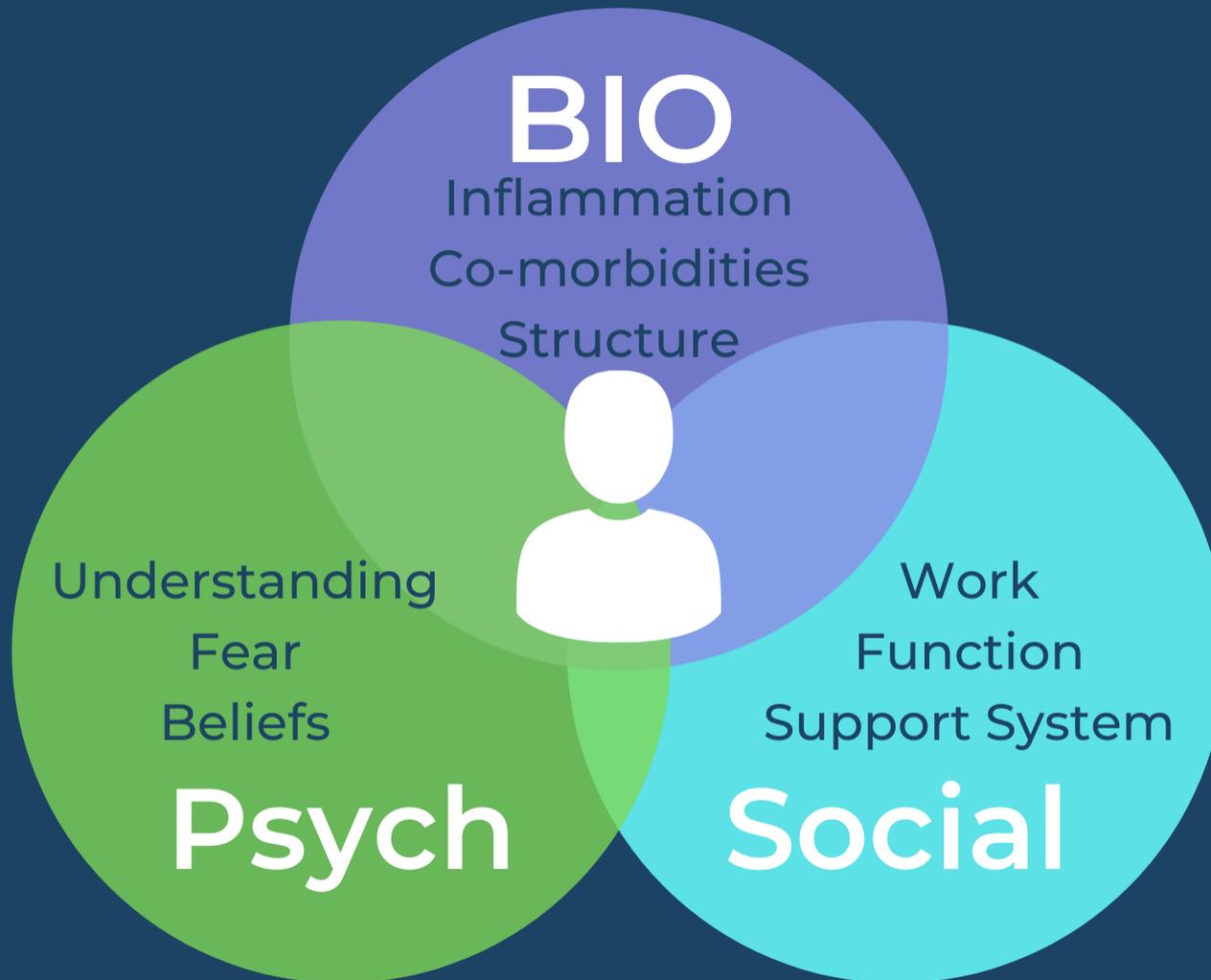
Stiffness?

Crepitus?



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Osteoarthritis

Imaging is not necessary

Reassure

Consider analgesia/anti-inflammatories

Refer to Therapists

Don't treat based on imaging unless rapidly progressing – discuss patient preferences

Steroids to be avoided unless specific circumstances



Osteoarthritis



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