



## Pathophysiology and Management of Osteoarthritis

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### DESCRIPTION

Osteoarthritis is the most common form of arthritis, which affects millions of people around the world. Symptomatic knee Osteoarthritis occurs in 10% men and 13% in women aged 60 years or older. It happens when the protective cartilage commonly the ends of the bones are worn over time. Although the osteoarthritis can damage any joint, the disorder most commonly affects the joints in their hands, knees, hips and spine. The symptoms of osteoarthritis can be generally administered, although the damage to the joints can be reversed. Staying active, keeping a healthy weight and receiving certain treatments could slow down the progression of the disease and help improve the pain and function of the osteoarthritis is the most common chronic articulation condition (long term).

A joint is where two bones come together. The ends of these bones are covered by protective fabric called cartilage. With osteoarthritis, this cartilage breaks, which makes the bones together inside the joint break. This can cause pain, rigidity and other symptoms occur more frequently, although it can occur in adults of any age. Osteoarthritis is also called as degenerative articulation disease, degenerative arthritis and arthritis to wear. All women need to know about osteoarthritis, from treatment to prevention and more. Cartilage is a hard and rubbery substance which is flexible and softer than the bone. Women task is to protect the ends of the bones inside a joint and allow them to move easily with each other. When the cartilage is divided, these bone surfaces are pungent and harsh. This can cause pain within articulation and irritation in the surrounding tissues. Damaged cartilage cannot be repaired. This is because cartilage does not contain blood vessels.

When the cartilage is completely wearing, the damping buffer supplies disappear, which allows bone contact, this can cause intense pain and other symptoms associated with Osteoarthritis. Osteoarthritis is a progressive condition with five phases, from 0 to 4. The first phase 0 represents a normal joint. Phase 4 represents one or serious. Not all those who have will progress to phase 4. The condition is often stabilized long before reaching this phase. Some people have serious or extended or complete loss of cartilage in one or more joints. The bone friction associated

with this can cause serious symptoms, such as increased swelling and inflammation. The amount of synovial liquid within the joint can increase. Normally this liquid helps reduce friction during movement. However, in greater quantities, it can cause joint swelling. The fragments of broken cartilage can also float inside the synovial fluid, which increases pain and swelling. Decrease in the range of movement. It is possible that it cannot move also due to rigidity or pain in its joints. This can make a person more difficult to enjoy day today activities. Joints may be less stable. The articular damage caused by or serious or reversible, but treatment can help reduce symptoms. Discover everything a person need to know about advanced osteoarthritis.

Medications that can help relieve osteoarthritis symptoms, primarily pain, include Acetaminophen. Acetaminophen (Tylenol, others) has been shown to help some people with osteoarthritis who have mild to moderate pain. Taking more than the recommended dose of acetaminophen can cause liver damage. Over-the-counter of Non Steroidal Anti-Inflammatory Drugs (NSAIDs), such as ibuprofen (Advil, Motrin IB, others) and naproxen sodium (Aleve), taken at the recommended doses, typically relieve osteoarthritis pain. Stronger NSAIDs are available by prescription. NSAIDs can cause stomach upset, cardiovascular problems, bleeding problems, and liver and kidney damage. NSAIDs as gels, applied to the skin over the affected joint, have fewer side effects and may relieve pain just as well. Duloxetine (Cymbalta). Normally used as an antidepressant, this medication is also approved to treat chronic pain, including osteoarthritis pain.

A physical therapist can show exercises to strengthen the muscles around a joint, increase patient's flexibility and reduce pain. Regular gentle exercise such as swimming or walking can be equally effective. An occupational therapist can help to discover ways to do everyday tasks without putting extra stress on person's painful joint. For instance, a toothbrush with a large grip could make brushing teeth easier if a person have osteoarthritis in hands. Transcutaneous Electrical Nerve Stimulation (TENS) uses a low-voltage electrical current to relieve pain. It provides short-term relief for some people with knee and hip osteoarthritis.

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