

A Case of Osteoarthritis

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Introduction

Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide. It occurs when the protective cartilage that cushions the ends of your bones wears down over time.

Although osteoarthritis can damage any joint, the disorder most commonly affects joints in your hands, knees, hips and spine.

The main symptoms of osteoarthritis are pain and sometimes stiffness in the affected joints. The pain tends to be worse when you move the joint or at the end of the day.

Examination

A 50 years female patient presented with history of knee joint pain before 7 years, along with history of blood pressure. On examination patient's x-ray, there is a reduction in joint spaces at medial tibio-femoral and patellio-femoral compartments.

Tibial spiking is seen. Osteophytic changes are seen at medial and lateral tibio-femoral condyles and patellar poles. No soft abnormality is seen. No lytic/sclerotic lesion seen.

Patient was evaluated and planned for clinical follow-up.