

## Orthopaedics deals with the neuromuscular systems

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### Abstract

Osteoarthritis (osteoarthritis, O.A) This is a degenerative non-inflammatory disease that results in pain and restricted movement of affected joints. In its early stages, OA is often asymptomatic. Articular cartilage gradually becomes thinner because its renewal does not keep pace with its breakdown. Eventually the bony articular surfaces come in contact and the bones begin to degenerate. Bone repair is abnormal and the articular surfaces become misshapen, reducing mobility of the joint. Chronic inflammation develops with effusion (collection of fluid) into the joint, possibly due to irritation caused by tissue debris not removed by phagocytes. Sometimes there is abnormal outgrowth of cartilage at the edges of

bones that becomes ossified, forming osteophytes. In most cases, the cause of OA is unknown (primary OA), but risk factors include excessive repetitive use of affected joints, female gender, increasing age, obesity and heredity. Secondary OA occurs when the joint is already affected by disease or abnormality e.g, trauma or gout. Osteoarthritis usually develops in late middle age and affects large weight-bearing joints i.e, the hips, knees and joints of the cervical and lower lumbar spine. In many cases only one joint is involved.

Use of braces and other orthotics and prosthetics have proved their efficiency in accommodation, correction, support, fixation and unload. To the impaired limbs and other deformities.

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