Osteoarthritis: A occupational Disorders

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Osteoarthritis (OA) is degenerative disease and it can lead to disability. This disease involves multiple physiological and anatomic modification of joint tissues which include bone remodeling, cartilage degradation and osteophyte formation. osteoarthritis can lead to clinical symptoms like pain, stiffness, swelling and limiting the function of joints. Major osteoarthritis consists of Knee and hip osteoarthritis. Knee and hip are the joints which are more exposed to stress on working and movement. Knee and hip osteoarthritis can cause disability to the patients is not surgically corrected.

Occupational disorder is disorder which occurred due to the stress exerted on body while performing any occupation which may carried out to clinical manifestation and finally disease. Occupation is one of factor in osteoarthritis, due to more strain on the joint of hip and knee for prolonged time cause knee and hip osteoarthritis.

Various occupations like floor layering workers, farmer, driver, household working women, trader and etc. are victims of this occupational osteoarthritis. These jobs involve weight lifting, kneeling and bending this cause excess stress on joints which lead to osteoarthritis. Different factors also come in action on this osteoarthritis which include age, gender and other cofactors. Age plays an important role in osteoarthritis people above 50 are susceptible to this disease due to the decline in rate of regeneration of joint tissues.

Gender also plays a vital role men have more prevalence than women who have not yet attained menopause. Women who attained menopause are more prevalent to osteoarthritis than men because of the reduction of estrogen production in menopause attained women. Prolonged expose this type of work for long period of time like farmer are more common victims of osteoarthritis. Sports persons of both genders are more vulnerable to this disease.

Other cofactor like obesity, preinjury and etc... are factor which increases the occurrence of this disease. On concluding due to the extreme strain on the muscles in the joints this may stimulate to osteoarthritis. On using various machine to avoid over weight bearing and bending occupations. This will decrease the incidents of this occupational disorder.