dinsdag 19 januari 2021

Osteoarthritis

Occurence

P(hip|Asian) < P(hip)

Peak prevalence ~75 yr

P(knee|art) ~.85

Comorbidity:

Osteoarthritis-atherosclerosis association (smaller association cardio vasculair issues)

Knee Hand Hip Radio > Symptomatic

Risks

.4-.8 genetics (more hand hip than knee)

Hip:
- High impact sports

- Long distance runningPrev sports knee injury
- - menisectomy

Mod-strong:
- Female
- Obese

- Prior knee injury

- Knee misallignment

If hip -> female and hip less risk, But cam deformation + acetabular dysplasia strong

(especially @60 +/- 5 yr)

Severe dysplasia-> risk young art

Symptomen

- Pain is driver/decisive factor clinical treatment - Frequently seen symptoms:

o Morning stiffness

- Limited motion
- o Crepitus
- Joint instabilitySwelling

- Musc. WeaknessFatiguePain distress

More intens, frequent, impredictable -> unbearable pain

P(hip|constrruction, farm) > P(hip)

- Moderate association
- X-ray art. pain MRI art. pain
  - o Better indicates more severe pain

- Intermittent pain (weight / mechanical)Predictable
- High symptons knee -> lower pain threshold

Leasions / synovytis on MRI? -> sever pain

Radio seen synovitis -> pain sensation

Neuropathic pain @ .23

Early warning by both: Stair suage painCrepitus

#### treatment

## Hip or knee

- Lose weight + excercise -> .4-.5Combo is best

- Obese losss -> .37

#### Joint replacement

- Cost effective @ more severe case 15 yrs art joint lifespan
- Lifetime risk decreases with replacement
- Done when
   Dutch guideline -> 65 yr untill replaced
   At least 6 months of conservative treatment
  - o Selection:

    - Wake up pain (sleep)
      No long dist walks possible
      Restricted daily activity
- o Joint space narrowing

Pain still there after 1 yr -> .25

# Poor outcomes if:

- Low radio
- Depressed Morb. Obese

# Improvement in (not always):

- Pain Functional

## Risk of replacement

- Trombose Infection

#### Knee osteotomy

- Done at Young + active -> resultsModerate severity

Postpones replacement with 10 yrs @ .85 cases

High knee osteotomy -> young Unicompartemental -> older Short revivalidation -> less morbid Although higher fail rate

Knee distraction

Infection -> .6 Up to 2 years improvement Evidence gap!!!

Mostly chosen -> no efficacy Placebo effect present

Arthroscopic surgery