

Osteoarthritis of the knee joint

Osteoarthritis of the knee joint (gonarthrosis) is a non-inflammatory degenerative disease in which joint cartilages are excessively worn, subchondral sclerosis occurs, osteophytes are formed, and the synovium of ligaments and muscles changes. It can involve the medial, lateral femorotibial, or femoropatellar compartment. It causes pain, limitation of movement and axial deformities.

Etiology

- AO primary (idiopathic) – premature or excessive wear of cartilage;
 - genetics, overuse, overweight.
- AO secondary – in a joint affected by some process in the past;
 - congenital knee defects, arthritis, aseptic necrosis, injuries, axial deformities;
 - independent of age.



Comparison of a healthy knee joint and a joint affected by osteoarthritis

Clinical picture

- It does not have general manifestations, the symptoms are limited to the joint.
- The main symptom is pain - at first dull, worsening with movement (typically at the beginning of movement), then the pain intensifies, it is affected by the weather.
- The intensity of pain does not have to be correlated with the x-ray findings (individual differences in pain threshold, amount of stress,...).
- Another symptom – stiffness in the joint, the joint tends to stiffen at rest.
- Axial deformities often appear - genua valga, vara.

X-ray image

- Initially we see a sharpening of the intercondylar eminence and subchondral sclerosis.
- After a meniscectomy, we see a slight stretching of the edge of the tibia - *Raubner's sign*.
- Division into 4 groups - similar to the hip.

Therapy

- Therapy can be:
 - conservative (more detailed information here);
 - operational (more detailed information here).

Links

Source [edit | edit source]

- BENEŠ, Jiří. *Study materials* [online]. ©2012. [feeling. 16.2.]. <http://jirben2.chytrak.cz/materialy/orto,trauma_jb.doc>.