Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior to treatment.

# ®Osteoarthritis and Degenerative Diseases: Classified by Symptom

| Presenting Symptoms (Usual) | Part of Body Affected | Disease Name | | |
|---|---|---|---|---|
| Bone Proliferation at Margins of Joints<br>Deadening of Bone Beneath Cartilage<br>Deformity and Dislocation Occur<br>Joints Become Larger<br>Joints May Be Heated<br>Joint Motion Can Be Severely Limited<br>Joints Often Affected Are: Joints Closest to Nails (Distal Interphalangeal); Middle Joints; (Proximal Interphalangeal); Closest to Thumb (Carpometacarpal); Hip<br>Loss of Joint Cartilage<br>May Have Referral Pain At Knee With Referral Pain Along Leg Muscle Nerve, With Pain, Swelling and Instability<br>May Limp With Pain<br>Pain Is Usually Earliest Symptoms After Great Exercise<br>Painful Gelatinous Cysts May Be Present<br>Spinal Osteoarthritis May Produce Compression On Nerves From Growth of Bone or From Degenerative Disc<br>Stiffness or Fibrositis Follows Inactivity But Usually Lasts for 15 to 30 Minutes<br>Tenderness and Grating of Bone on Bone Are Present<br>Women Affected Ten Times More Frequently Than Men | **Hands, Hip, and Spine** | Osteoarthritis; Degenerative Disease | | |
| Fracture, Infection, or Tumor May Be Cause<br>Increases With Age, About 50% Over Age 60<br>May Be Ligament Strain, Muscle Tear or Ruptured Disc, Causing Inflammation or Direct Mechanical Nerve Pressure<br>Pain May Follow Coughing or Sneezing or Limitation of Straight-Leg Raising and Limitation of Back Motion<br>Radiates Along Sciatica Nerve<br>Slipped Fifth Lumbar Vertebra<br>Usually Begins 2 to 24 Hours After Heavy Lifting, or Other Strenuous Exercise | **Low Back** | Low Back Pain; Spondyloisthesis | | |