

Knee Arthritis

ICD-9: 715.16

Definition: Osteoarthritis (OA) is the most prevalent disorder of the musculoskeletal system, and the knee joint is very commonly involved. OA results in destruction and loss of articular cartilage, the bearing surface of the joint.

Anatomy: As the cartilage joint surface wears down, the joint space becomes narrower, bone cysts and bone spurs can develop.

Affected Persons: Osteoarthritis can affect anyone, especially with aging. Risk factors include activity level, prior injuries, and genetic predisposition.

Symptoms: Osteoarthritis of the knee causes pain, particularly with weight bearing, it can also result in stiffness and swelling of the knee. Significant loss of mobility can occur, and some patients will develop deformity (bow-leg or knock-knee deformity).

Diagnosis: The diagnosis of OA is made by physical examination and X-Rays

Treatment: Treatment options depend on the patients age, lifestyle, and severity of symptoms. Physical therapy and a directed exercise program can help. Hyaluronate (joint lubricant) injections can be useful and are easily performed in the office. Arthroscopic surgery may be considered if meniscal tears or loose bodies are present. Localized wear patterns may be amenable to cartilage restorative procedures. Advanced osteoarthritis is successfully treated by knee arthroplasty (joint replacement) utilizing the most recent technologies with proven results.

