


Inflammatory and Degenerative Conditions

The background is a solid teal color. At the bottom right, there is a silhouette of a mountain range in a slightly darker shade of teal.

A. Bursitis

- ◆ Inflammation of synovial bursa
- ◆ Due to excess stress of tension
- ◆ Most common in shoulder, but also in knees, & elbow
- ◆ Long-term problem – deposits of calcium, muscles can atrophy, joint can become stiff
- ◆ Severe cases – drugs are injected, or can remove excess fluid

B. Tendonitis

- ◆ Inflammation of the tendon sheath
 - ◆ Otherwise, the same as bursitis
- Carpal tunnel = inflammed tendon sheath

C. Arthritis

- ◆ Over 100 different types
- ◆ Inflammation or degeneration of joints
- ◆ Pain, stiffness, swelling of joint
- ◆ All forms make this the most widespread crippling disease in the U.S.
- ◆ 1 in 7 Americans suffer
- ◆ There are three types of chronic arthritis

1. Osteoarthritis

- ◆ Wear and tear arthritis- normal aging affects articular cartilage, it becomes rough and eroded.
- ◆ Joint movement may be restricted
- ◆ Joints stiff in the morning, but lessens with activity.
- ◆ Rarely crippling

2. Rheumatoid arthritis

- ◆ Autoimmune disease immune system destroys own tissues
- ◆ Trigger is unknown, but may be bacteria or virus: stress & genetic factors also possible.
- ◆ Cartilage is destroyed, fibrous tissue connects bone ends, bone ends become fused (not all cases progress this far)
- ◆ Treatment – aspirin, cold packs, joint replacement

3. Gouty arthritis (Gout)

- ◆ Uric acid (normally a waste product) is deposited as crystals in joint: painful
- ◆ May be genetic
- ◆ Treat successfully with anti-inflammatory drugs

D. Rheumatic fever

- ◆ Inflammation of synovial tissue around joints
- ◆ Possibly caused by strep throat bacteria
- ◆ Articular system usually not damaged, but heart valves often are.
- ◆ 2x more common in females