



Musculoskeletal Disorders (Rheumatic Disease)

- I. Definition
 - a. Disorders of the musculoskeletal system manifest themselves by causing pain and decreased mobility
 - b. Arthritis is the most common problem in the group
- II. Categories of Arthritis: **General Types**
 - a. Non-inflammatory
Osteoarthritis (OA)
 - b. Inflammatory
Tenosynovitis
Rheumatoid Arthritis
Infectious arthritis
 - c. Psychogenic
Fibromyalgia
Restless leg syndrome
- III. Epidemiology (Background Facts)
 - a. 33% of American adults have musculoskeletal signs or symptoms such as swelling, limitation of motion or pain.
 - b. Over age 60, musculoskeletal problems are the most common health problems in Americans:

	Involving	
Knee		Low Back
Hips		Other joints
 - c. 80% of adults experience low back or neck pains in their lifetime (primarily Osteoarthritis)
- IV. Cost of Diagnosis, treatment and lost work in people with musculoskeletal conditions:
 - a. \$120 Billion per year (1993-USA)
- V. Elite Athletes and Arthritis
 - a. High risk of later development of osteoarthritis especially if earlier joint or back problems.
- VI. Risk Factors for Osteoarthritis
 - a. Obesity
 - b. Acute and Repetitive joint injuries.

VII. Diagnosis of Rheumatic Diseases:

- a. Clinical Exam
- b. Aspiration of joint fluid
- c. Blood tests
- d. Arthroscopy
- e. Magnetic Resonance Imaging (MRI)

VIII. Treatment (Options)

- a. Non-steroidal Anti-inflammatory Drugs (NSAIDs)

Aspirin

Ibuprofen

Indomethacin

Cox-1 and Cox-2 Inhibitors (“New Drugs”)

Examples: Celebrex/Vioxx

- b. Corticosteroids
- c. Surgery
- d. Complementary/ Alternative Medicine