Your Joint Pain and Treatment Options

Pinnacle Orthopedics

Pinnacle Medical Network
About Pinnacle Orthopedics and Pinnacle Medical Network

South Louisiana’s Premier System for the Delivery of Musculoskeletal Health Care.

Our talented team and professional staff offer a fully-equipped facility for the comprehensive care of your bones, joints, ligaments and muscles. Our team is dedicated to your complete care, from assessment to full recovery. Our primary goal is your safe return to work, sports, play and the activities of daily living. Allow our medical professionals to advance your orthopedic care.
**Diagnosis**

*Medical History*

- How and when did the pain start?
- *If the pain has occurred before, how was it treated?*
- What activities aggravate the pain?
- What activities relieve the pain?
Diagnosis

Physical Examination

- Tenderness to the touch
- Weakness in the muscles
- Extent of passive and active range of motion
Joint Pain and Treatment Options

**Diagnosis**

*Additional Tests*

- Blood tests
- Urine analysis
- Computerized Tomography (CT) scans
- Magnetic Resonance Imaging (MRI) scans
- X-Rays
Nonsurgical Options

- Diet and Exercise
- Rest and Joint Care
- Cane / Walker
- Medications
- Cortisone
- Glucosamine
- Visco-supplementation
- Braces
Treatment Options

Rest

- Short-term bed rest helps reduce both joint inflammation and pain, and is especially useful when multiple joints are affected and fatigue is a major problem.

- Individual joint rest is most helpful when arthritis involves one or only a few joints.
Weight Loss

- Average American is 20–40 lbs. overweight
- Average person takes 5000-7000 steps/day
- Reduces stress on weight-bearing joints
**Balanced Diet**

- **Helps manage weight**
  - Extra pressure on some joints may aggravate your arthritis

- **Stay healthy**
Range of Motion Exercises

*Stretching*

- Maintains normal joint movement
- Increases flexibility
- Relieves stiffness
Strengthening Exercises

Weight Lifting

- Increasing muscle strength helps support and protect joints affected by arthritis.

- Exercise is an important part of arthritis treatment that is most effective when done properly and routinely.
Aerobic Exercises
Walking, Biking

- Improve cardiovascular fitness
- Helps control weight
- May help reduce inflammation in joints
Heat and Cold Therapies

Reduce pain and inflammation

- **Heat Therapy**
  - Increases blood flow, tolerance for pain, flexibility

- **Cold Therapy**
  - Cold packs, ice massage, OTC sprays and ointments
  - Reduces pain by numbing the nerves around the joint
Physical Therapy

- The goal is to get you back to the point where you can perform normal, everyday activities without difficulty.

- Preserving good range of motion is key to maintaining the ability to perform daily activities.

- Physical therapists provide exercises designed to preserve the strength and use of your joints.
  - Show you the best way to move from one position to another
  - Teach you how to use walking aids
Assistive Devices

Make activities easier and less stressful for the joints and muscles.

- Splint or brace when recommended by a doctor or therapist
- Walking aides
- Orthotics
- Bath stool for use in the shower or tub
- Sock grippers

Other devices are available to assist with everyday activities.
Walking Aides

Cane

Helps keep you balanced so you don’t hurt other joints.

Walker
Medications: Analgesics

Analgesics, pain relievers, may provide temporary relief of arthritis pain.
Medications: NSAIDs

**Traditional**
- Aspirin
- Ibuprofen
- Naproxen

**New**
- Cox II
Medications: Topical Pain Relievers

- Over-the-counter patches, rubs and ointments can provide quick pain relief for people with arthritis that is in just a few joints – such as a hand – or whose pain isn't severe.
Nutritional Supplements

Glucosamine and Chondroitin may relieve joint pain.

- Occur in the body naturally; vital to normal cartilage function.
  - Researchers are also studying chondroitin for use in making medicines more effective and helping to prevent blood clots (anticoagulant).

Not FDA approved

- Warrant further in-depth studies on their safety and effectiveness, according to the Arthritis Foundation.

Source: Arthritis.org website, Aug. 2006
**Glucosamine and Chondroitin**

- May help osteoarthritis pain and improve function.\(^1,\(^2\)

- Some studies indicate that glucosamine may help as much as ibuprofen in relieving symptoms of osteoarthritis, particularly in the knee, with fewer side effects.\(^3\)

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Side Effects of Glucosamine and Chondroitin

These arthritis supplements are generally well tolerated. However, side effects can occur. The most commonly reported side effects are:

- Nausea
- Diarrhea or constipation
- Heartburn
- Increased intestinal gas

See your doctor for complete information.
Glucosamine and Chondroitin

- **People with osteoarthritis who have diabetes should talk with a doctor before they take glucosamine because it may influence blood sugar (glucose).**

- **Do not take glucosamine if you are allergic to shellfish.**
  - Glucosamine is made from shellfish covering

Source: WebMD
Dietary Supplements

When using dietary supplements, keep in mind the following:

- Dietary supplements may cause side effects, trigger allergic reactions, or interact with prescription and nonprescription medications or other supplements you might be taking.

- Dietary supplements may not be standardized in their manufacturing.
  - How well they work or any side effects they cause may differ among brands or even within different lots of one brand.

Source: WebMD
Dietary Supplements

- Other than in vitamins and minerals, the long-term effects of most dietary supplements are not known.

- Talk to your doctor before taking supplements.
Corticosteroids

- *Decrease inflammation*
  - Oral
  - *Cream (topical)*

- **Short-term side effects include**
  - Swelling, increased appetite

- **Long-term side effects include**
  - Stretch marks, excessive hair growth, osteoporosis, high blood pressure, infections and high blood sugar
Injections: Corticosteroids

- Injection
- Effective
- Temporary
Injections / Visco-supplementation

- **Hyaluronic Acid (Cock’s Comb)**
- **Injection**
- **Effective (5-13 wks)**
- **Does Not Prevent Progression**
- **Expensive**
Hyaluronic Acid

- **Natural substance that lubricates the joint**
- **Injection**
  - Lubricates the joint
  - Provides temporary relief of pain and movement
  - 80 to 85% of individuals who are treated with this series of injections have some amount of pain relief which lasts anywhere from nine to 12 months.*
  - Approved for knee osteoarthritis
- **Oral Hyaluronic acid**

*http://uconnsportsmed.uchc.edu/patientinfo/whathurts/treatment/hyaluronic_acid.html
Knee Braces

Simple Braces

“Unloader” Braces
Joint Replacement

Joint replacement may be a treatment option when pain:

- Is severe
- Interferes with daily activities
- Interferes with work
An Arthritic Knee

Femur (thigh bone)

Diseased Cartilage

Tibia (shin bone)
An Arthritic Hip

Pelvic Bone

Diseased Cartilage

Femur (thigh bone)
Joint Replacement

Preoperative

Preparing for a joint replacement procedure begins weeks before the actual day of surgery.

In general, patients may need:

- Routine blood tests
- Urinalysis
- Physical examination
- Exercise
- Quit smoking
- Stop certain medications
- Donate blood
Total Joint Replacement

- Goals of total joint replacement are to help:
  - Relieve pain
  - Restore motion
Your Hip Joint

A joint is formed by the ends of 2 or more bones. The hip must bear the full force of your weight and consists of two main parts:

- **A ball (femoral head) at the top of your thigh bone (femur)**
- **A rounded socket (acetabulum) in your pelvis**

Normal hip joint, showing healthy articular cartilage
What Causes Hip Joint Pain?

One of the most common causes of joint pain is arthritis. The most common types of arthritis are:

- Osteoarthritis (OA)
- Rheumatoid Arthritis (RA)
- Post-traumatic Arthritis
- Avascular Necrosis
Total Hip Replacement
Your Knee Joint

Femur – thigh bone

Cartilage – tissue between bones that provides cushioning

Patella – knee cap

Tibia – shin bone

Synovium – tissue that provides lubricating fluid to joint

Ligament – flexible tissue that holds knee joint together
**Total Knee Joint Replacement**

- End surface of femur replaced with metal
- End surface of tibia replaced with metal
- Plastic liner is inserted between femur and tibia
- Patella is resurfaced with plastic
Total Knee Replacement
Limitations After Surgery

Athletic activities that place excessive stress on the joint replacement will need to be avoided. Examples of these activities include:

- Skiing (snow or water)
- Basketball
- Baseball
- Contact sports
- Running
- Frequent jumping
What Do I Do?

Talk to Your Doctor
Contact Pinnacle Orthopedics for more information-(985) 674-1700

*Views expressed are solely those of the presenter.*