Arthrosis-Arthritis-Rheumatoid Arthritis

Arthrosis:

- Non-inflammatory degenerative condition
- Cartilage deteriorates
- Wear & tear



Symptoms:

- Pain
- Stiffness
- Swelling

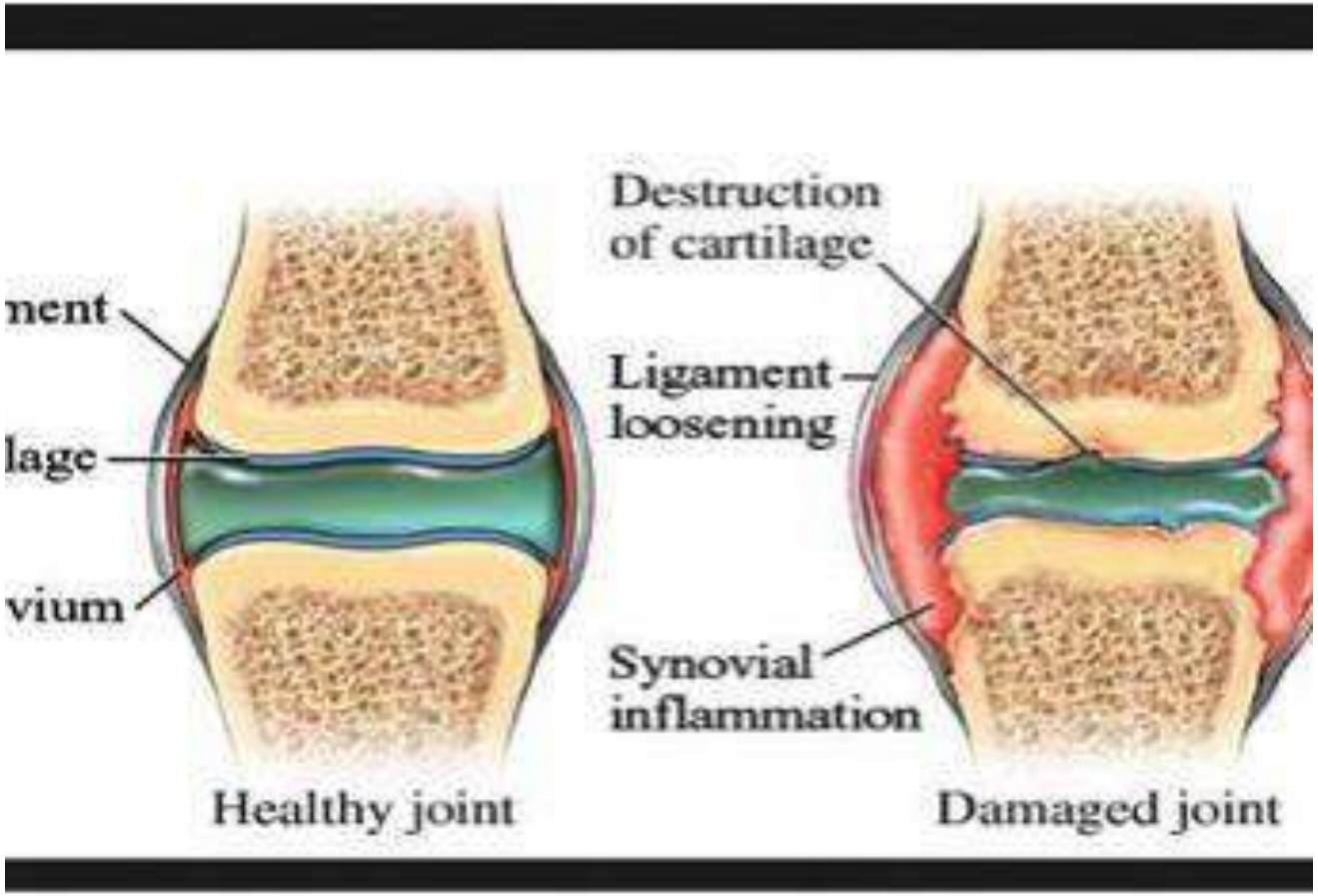
Arthrosis-Arthritis-Rheumatoid Arthritis

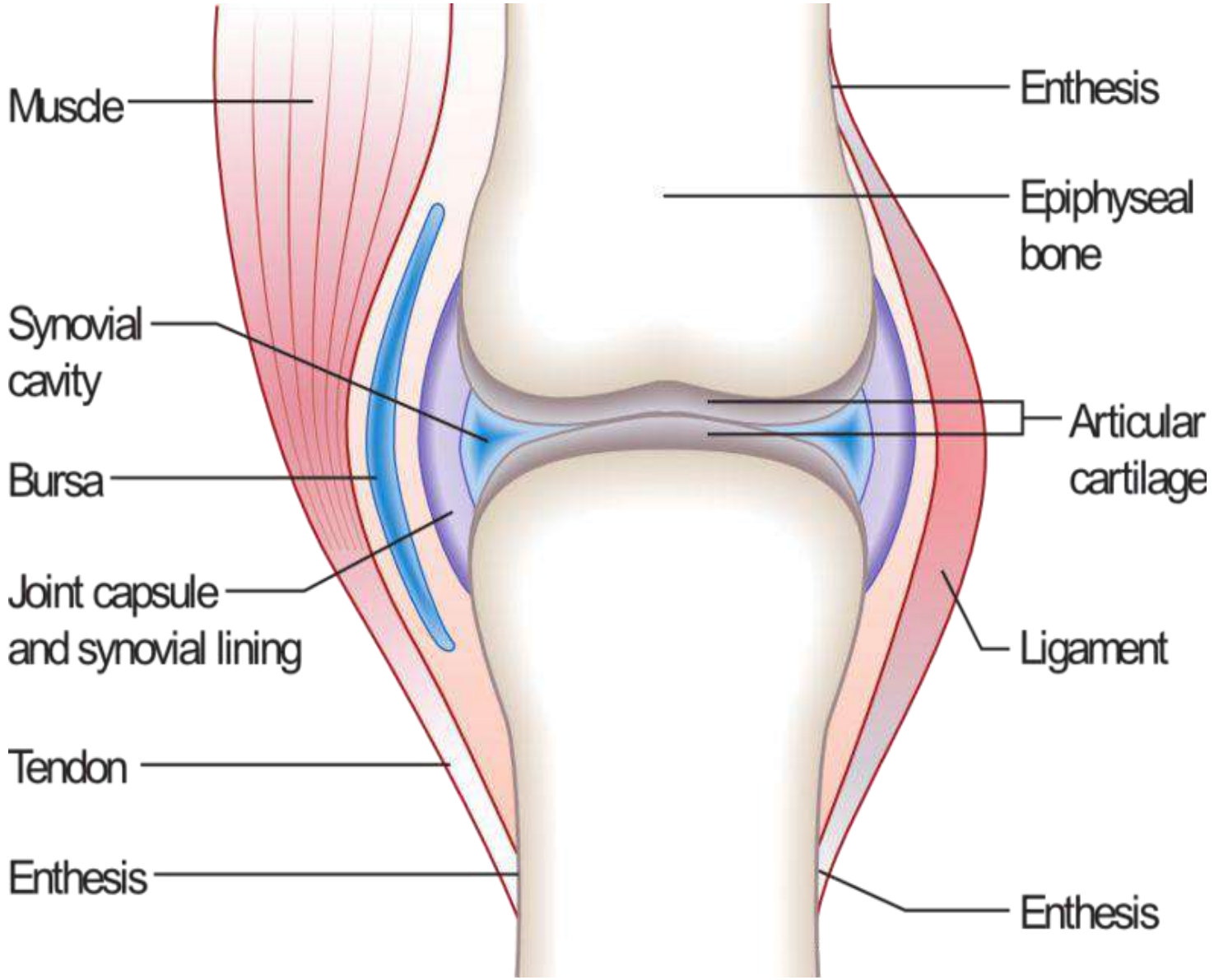
Arthritis :

- Inflammation in the joint

Symptoms:

- Pain
- Swelling
- Redness
- Reduced ROM




Muscle
Enthesis
Epiphyseal bone
Synovial cavity
Articular cartilage
Bursa
Joint capsule and synovial lining
Ligament
Tendon
Enthesis
Enthesis

Arthrosis-Arthritis-Rheumatiod Arthritis

Rheumatoid arthritis

- Autoimmune
- Systemic
- Idiopathic
- Progressive




Rheumatoid arthritis
(late stage)
Boutonniere
deformity
of thumb
Ulnar deviation of
metacarpophalangeal
joints
Swan-neck deformity
of fingers
A.D.A.M.

Rheumatoid Arthritis

Symptoms:

- Inflammation, swelling in the joint symmetrically
- Pain and stiffness more than 30 minutes in the morning
- Feeling unwell
- Occasional fever

Treatment:

- No cure
- Goal is to reduce the symptoms and progression
- Medication:
  - Steroid & non steroid
  - Painkiller
- Surgery
- Healthy lifestyle
- Therapy to keep the joints flexible

Steinbrocker classification for functionally disability

I. Complete ability to carry out all the usual duties without handicap
II. Adequate for normal activities despite handicap of discomfort or limited motion of one of the joints
III. Limited to little or none of the duties of usual occupation or self-care
IV. Incapacitated, largely or wholly bed-ridden or confined to a wheelchair with little or no self-care

Type of Arthrosis

Primer local arthrosis:

- Bushard syndrome : PIP joint
- Heberden syndrome: DIP joint
- Gonarthrosis (knee arthrosis)
- Coxarthrosis (hip arthrosis)

Seconder arthrosis:

- Congenital dysplasia
- Trauma
- Overweight
- One leg shorter
- Neurologic disease

Type of Arthritis

Mono arthritis

- Bacterial inflammation
- Reactive arthritis (Lyme-disease)
- Arthritis after trauma
- Arthritis urica (Gout)

Oligo arthritis

- Bechterew disease
- Chron disease, Ulcerative colitis
- Reiter syndrome
- AIDS

Type of Arthritis

Polyarthritis:

- SLE (Systematic lupus erythematosus)
- Sjogren syndrome
- Progressive systematic sclerosis
- RA

Treatment:

- Medication
- Surgery
- Physiotherapy
- Complementary therapies
  - Acupuncture
  - Reflexology
  - Massage
  - Yoga

Pelvis

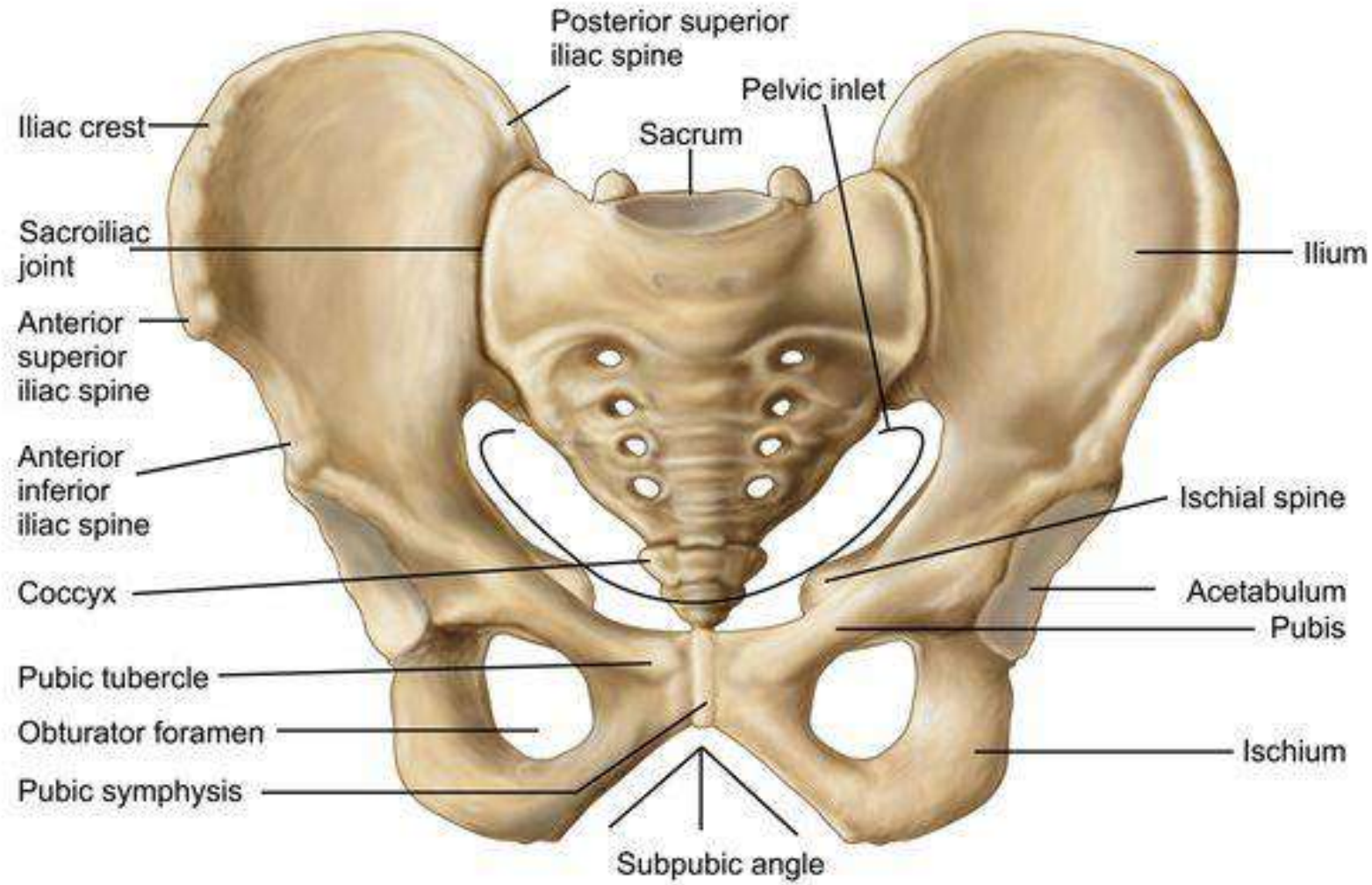


Bones of the pelvis

PSIS

ASIS

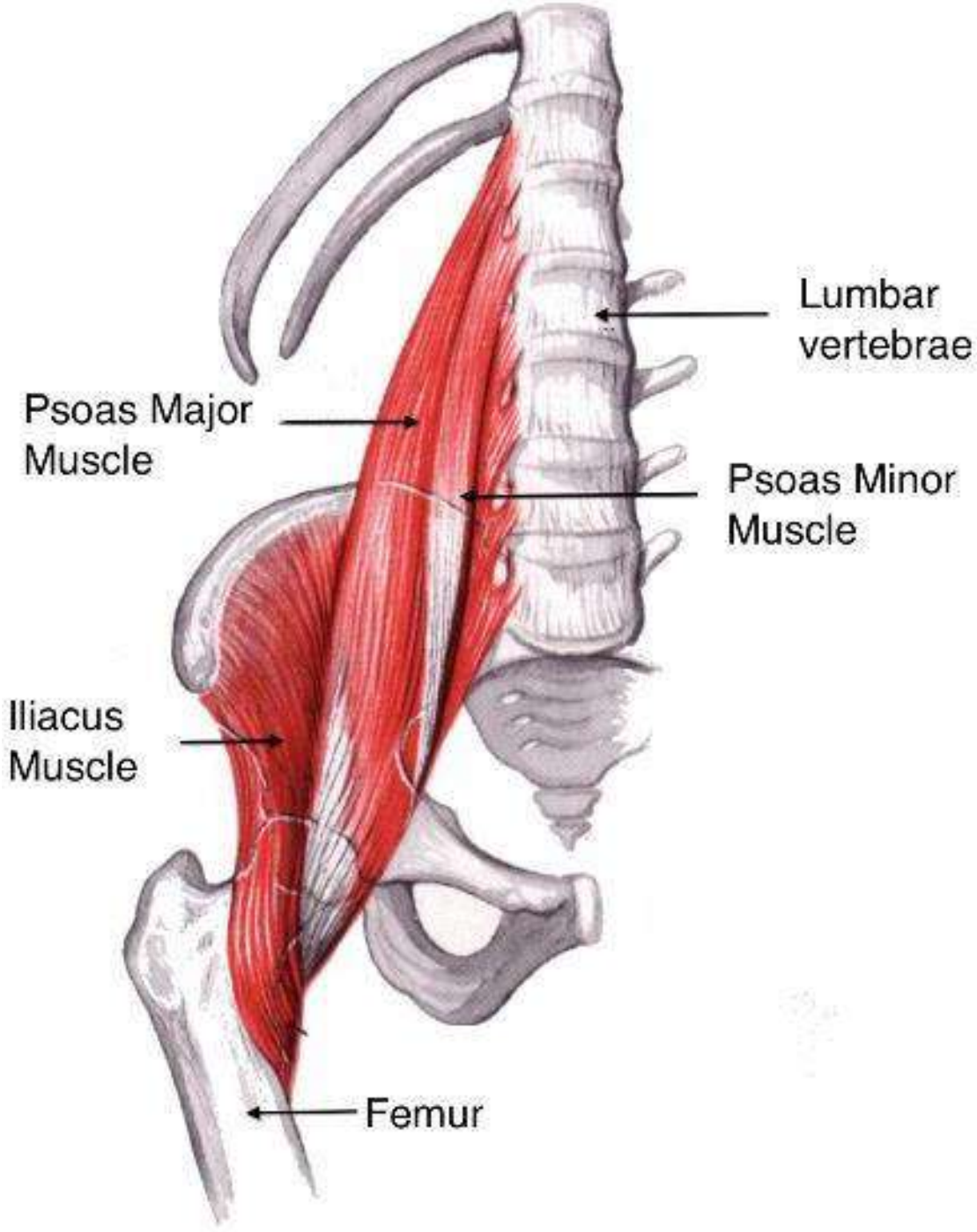
AIIS



Muscles of the pelvis

Psoas major

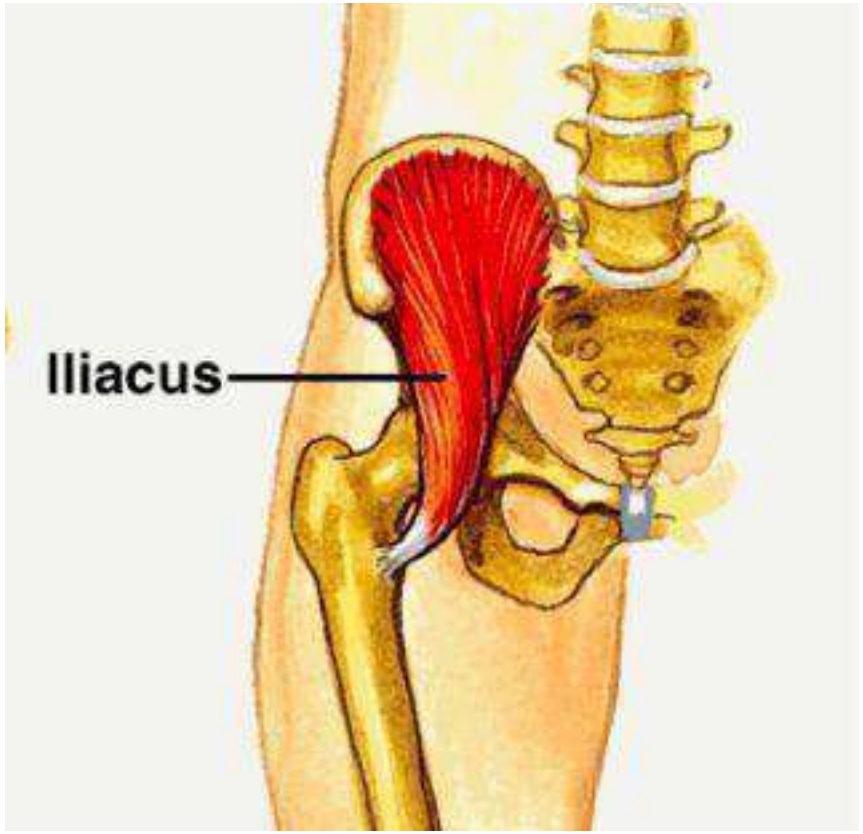
- Origin : Transverse process T12-L4
- Insertion: femur
- Innervation: Lumbar plexus
- Action: hip flexion, stabilize the lumbar spine



Muscles of the pelvis

Iliacus

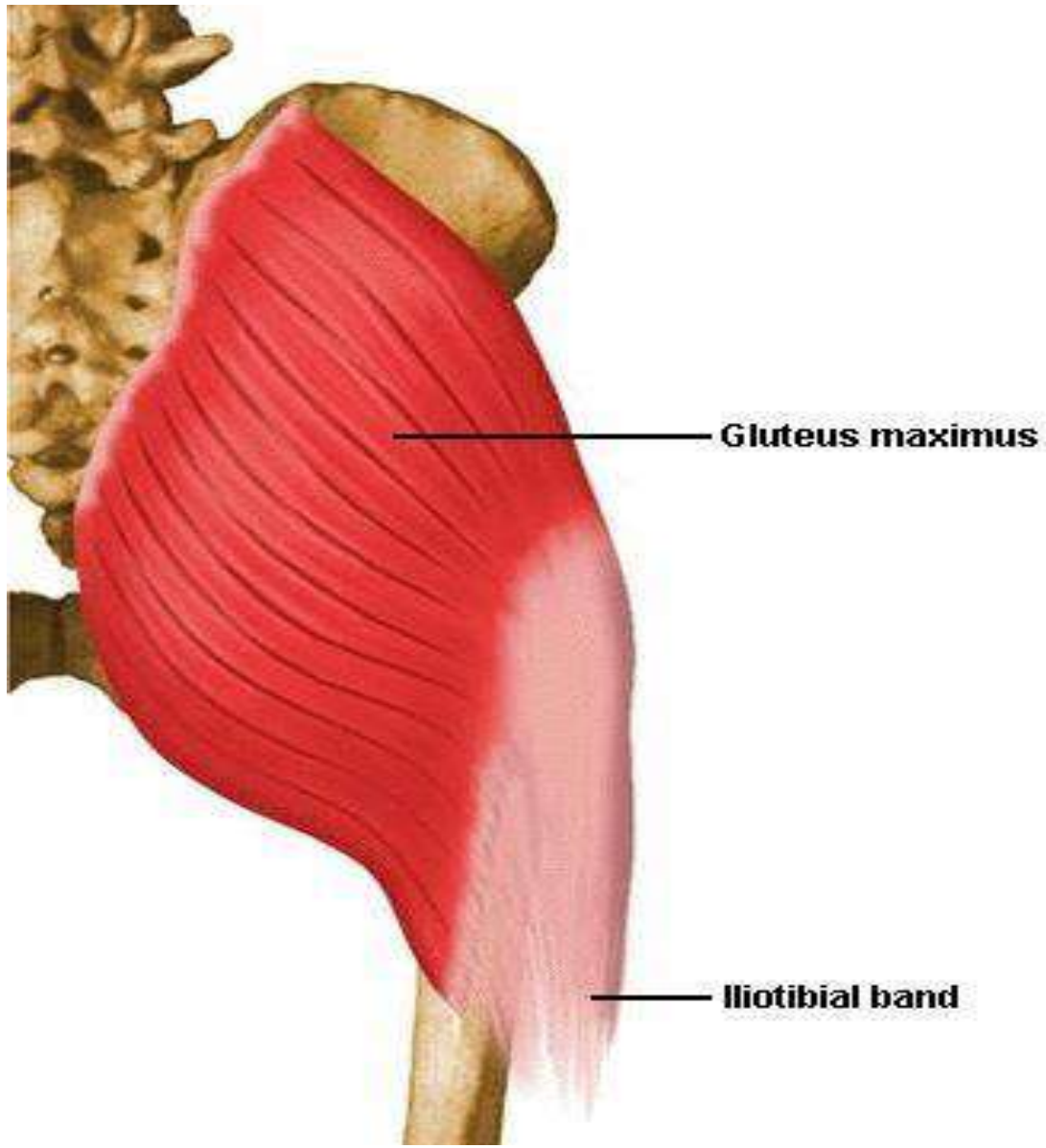
- Origin : Iliac fossa
- Insertion: femur
- Innervation: femoral nerve
- Action: hip flexion



Muscles of the pelvis

- Gluteus maximus

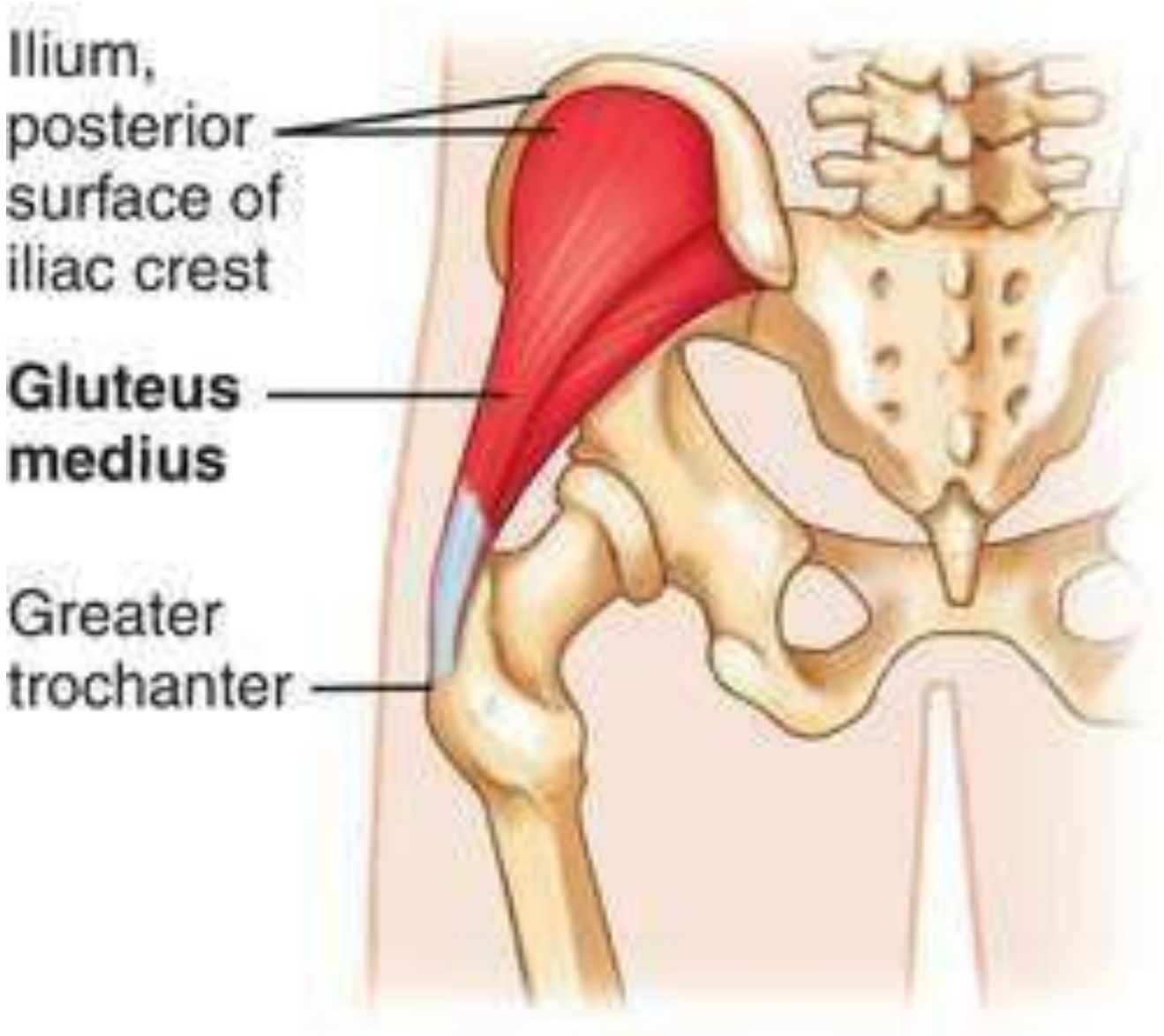
- Origin : external surface of Illium
- Insertion: greater trochanter of femur
- Innervation: L5,S1,S2
- Action: extension of hip



Muscles of the pelvis

- Gluteus Medius

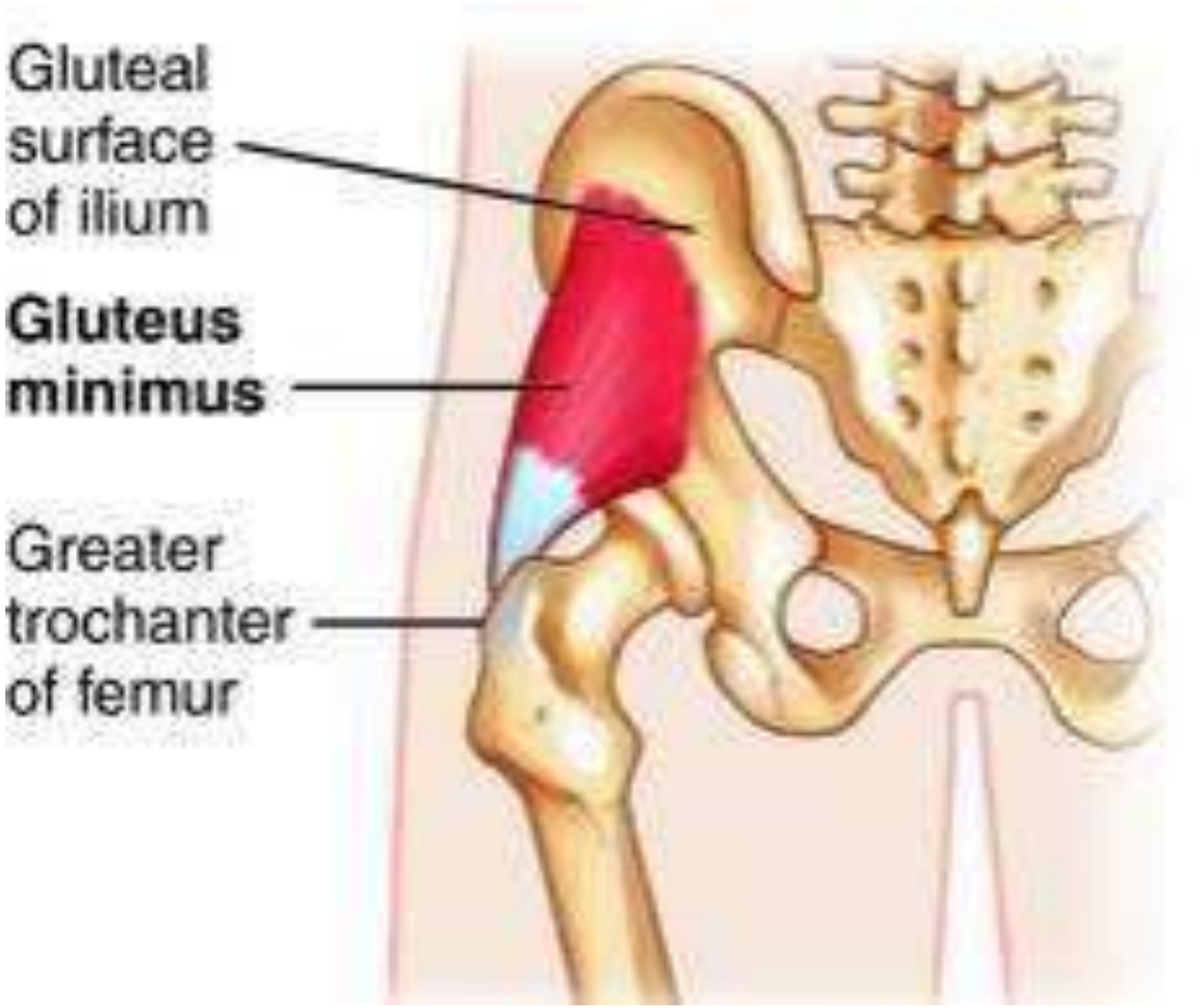
- Origin: outer surface of Illium
- Insertion: greater trochanter of femur
- Innervation: L4, L5, S1
- Action: abductor of hip



Muscles of the pelvis

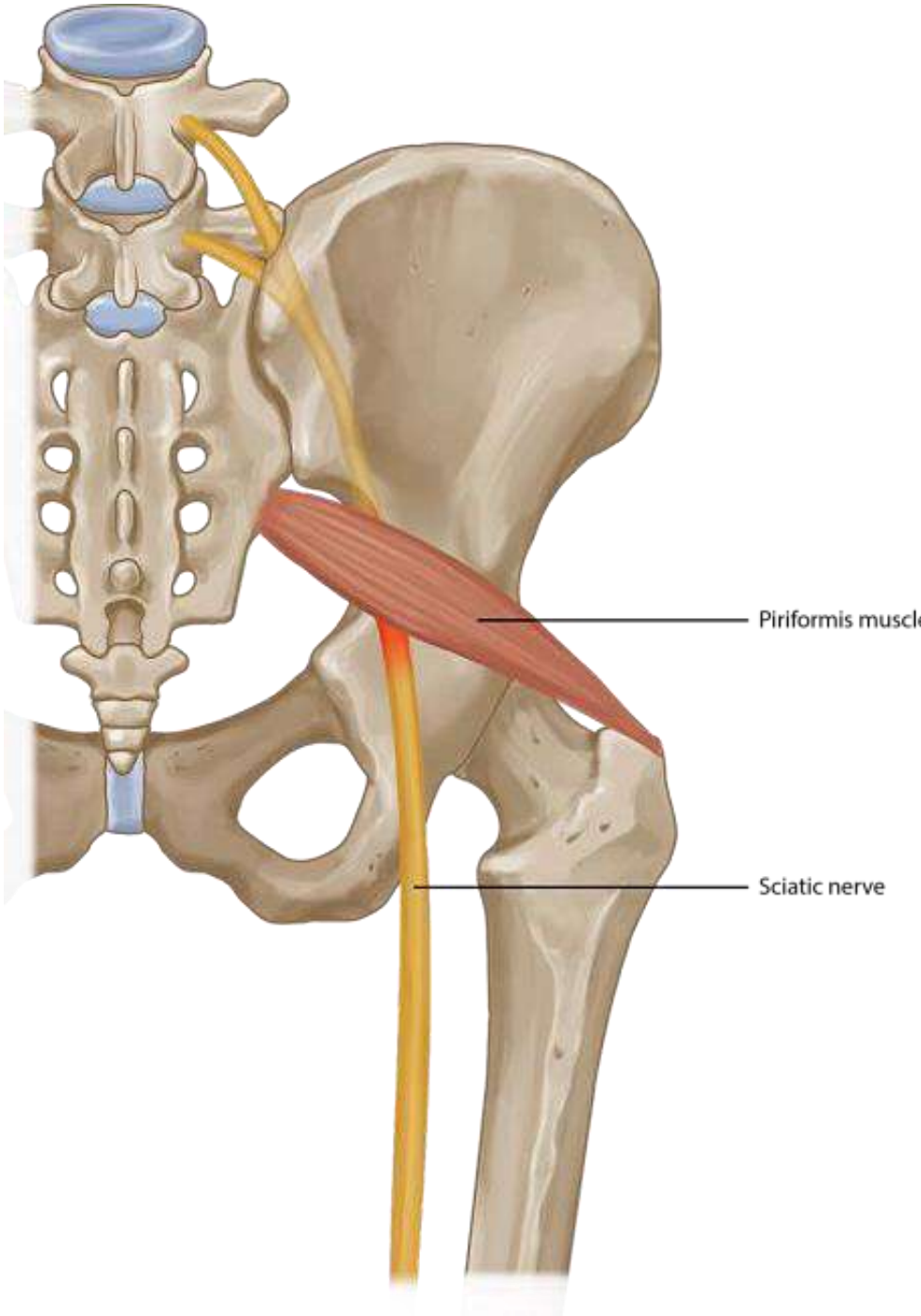
Gluteus minimus

- Origin : external surface of Illium
- Insertion: greater trochanter of femur
- Innervation: L4, L5, S1
- Action: abductor of hip



Piriformis

- Origin : anterior surface of S2, S3, S4
- Insertion: upper part of greater trochanter
- Innervation: S1,S2
- Action: lateral rotation, abduction

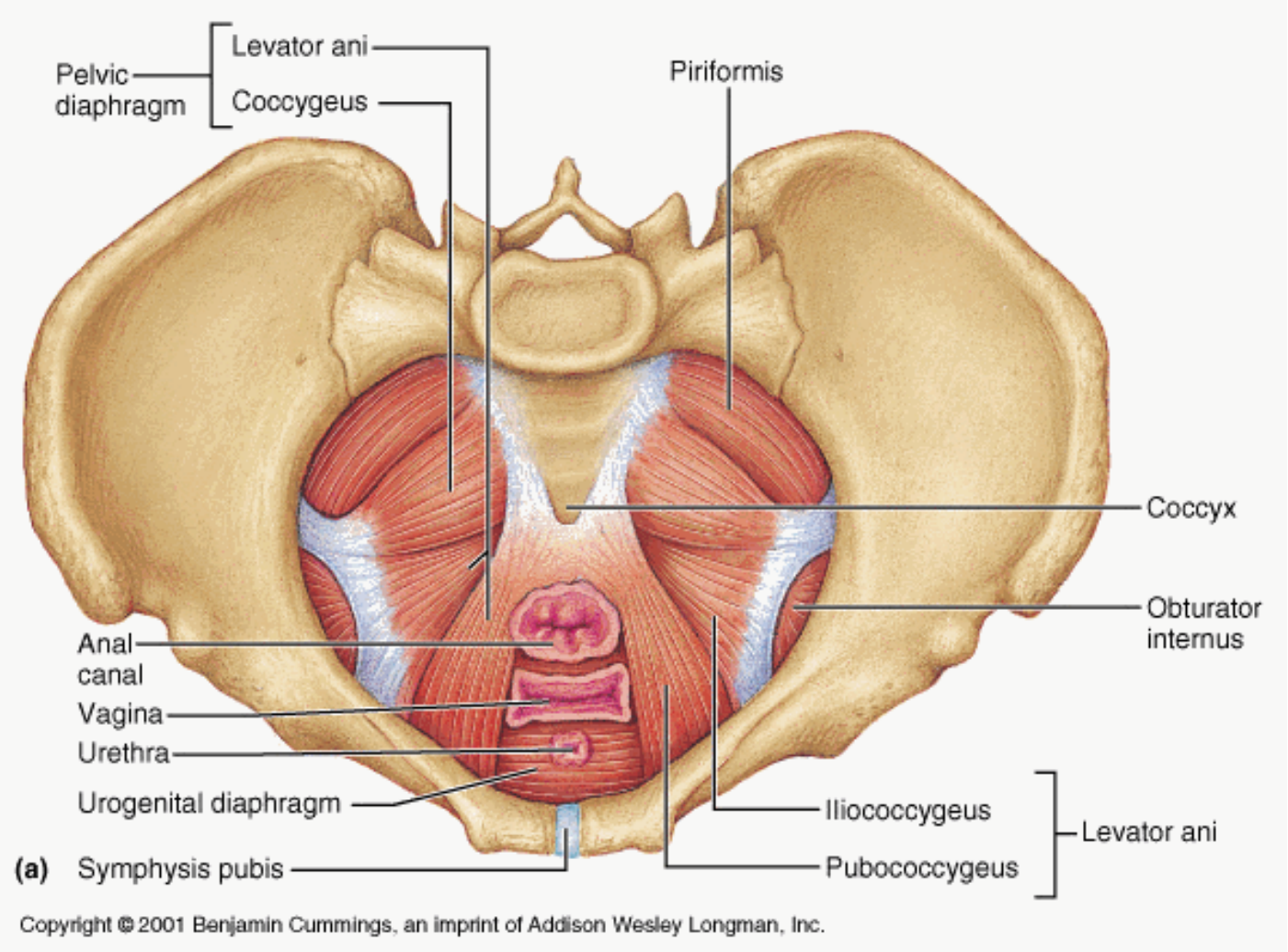


Adductor muscles

- Origin : pubic
- Insertion: femur
- Innervation: lumbar plexus (obturator nerve)
- Action: adduct

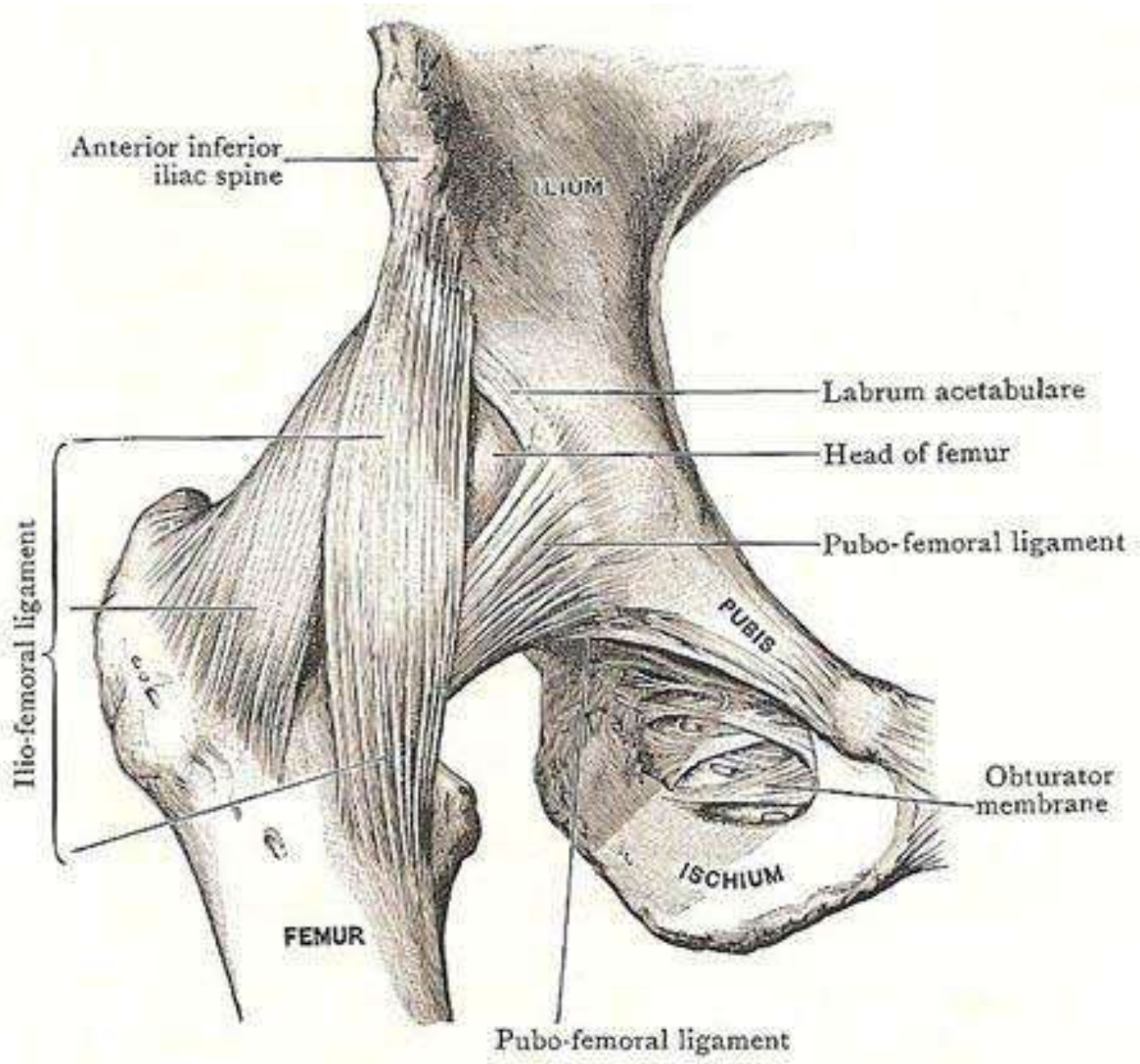


Pelvic floor muscle



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Hip joint/ coxa

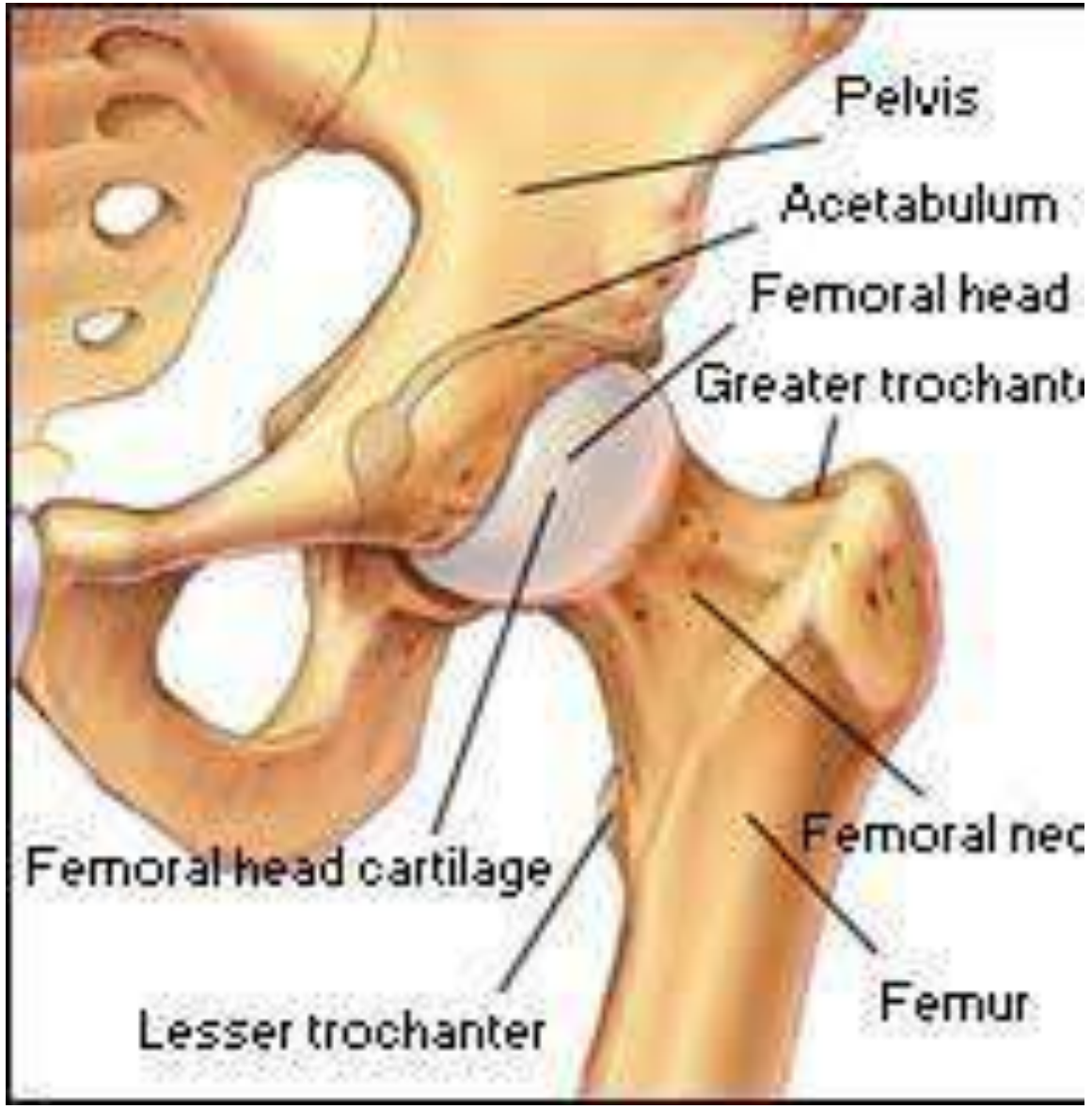


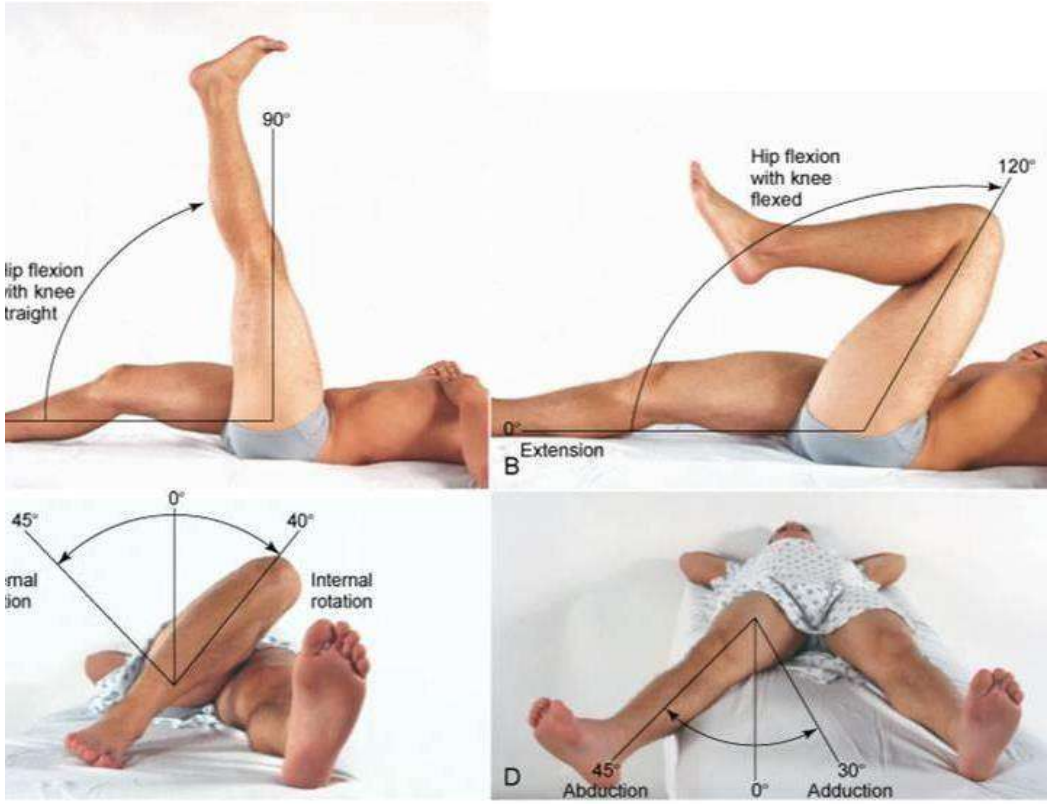
Hip joint

- Ball and socket joint
- Weight bearing joint

Movements:

- Flexion
- Extension
- Adduction
- Abduction
- Rotation





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Flexion	0–120°
Extension	0–30°
Abduction	0–45°
Adduction	0–30°
External rotation	0–50°
Internal rotation	0–40°

Hip joint movement

Femoral triangle

- Femoral nerve, artery and vein
- Inguinal lymph nodes

