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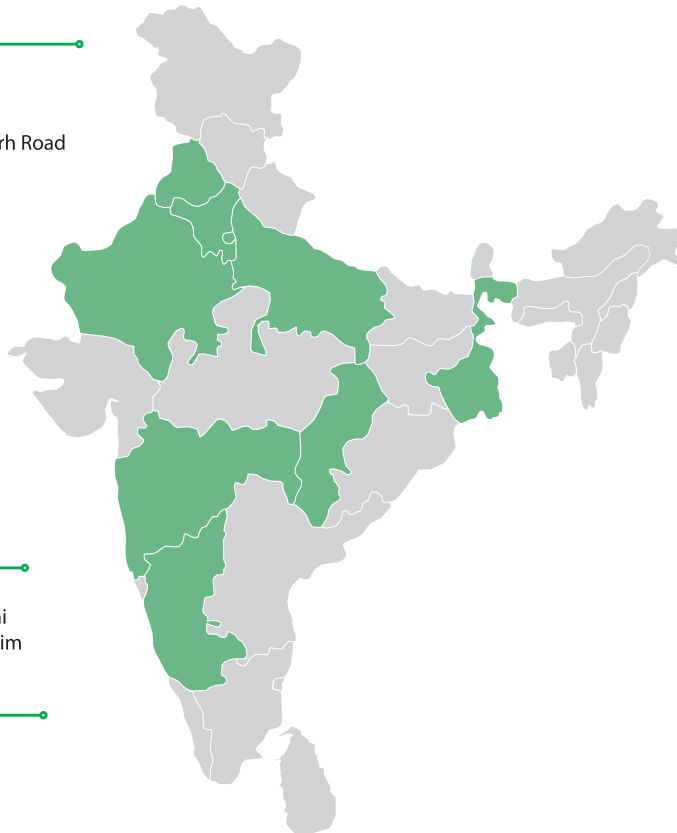
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ARTHRITIS



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FREQUENTLY ASKED QUESTIONS



? 1 WHAT IS ARTHRITIS?

Arthritis is a joint disorder featuring inflammation. A joint is an area of the body where two or more different bones meet. A joint functions to move the body parts connected by its bones. Arthritis literally means inflammation of one or more joints and may involve the breakdown of cartilage.

? 2 WHAT ARE THE CAUSES OF ARTHRITIS?

Without the normal amount of cartilage, the bones rub together causing pain, swelling (inflammation) and stiffness. Some of the causes for the breakdown of the cartilage, and subsequent inflammation of the joints are:

- Broken bone
- Infection in the area
- Autoimmune disorder
- General wear and tear of joints because of aging

? 3 WHAT ARE THE SYMPTOMS?

Some of the symptoms of arthritis are:

- Joint pain and swelling
- Stiffness, especially in the morning
- Warmth around a joint
- Redness of skin around a joint
- Feeling discomfort in movement of a joint

? 4 WHAT ARE THE TYPES OF ARTHRITIS?

- **Degenerative:** An age related arthritis.
- **Infective:** Due to any infection.
- **Trauma:** Due to injury to bones forming a joint.
- **Inflammatory:** Due to systemic involvement because of autoimmune condition or excess production of crystals.

? 5 WHAT ARE THE TREATMENT TECHNIQUES OF ARTHRITIS?

- **Joint Preserving Techniques:** These include lifestyle modifications and open / Arthroscopic Debridement of Joint.
- Joint Replacement Techniques.