



1423 Carowinds Circle  
Maryville, TN 37803  
865.684.8771

E-Mail Address: [medadvocate@charter.net](mailto:medadvocate@charter.net)

Website: [www.medadvocate.net](http://www.medadvocate.net)

## Osteoarthritis Overview

Osteoarthritis, sometime called degenerative joint disease or osteoarthritis, is the most common form of arthritis. It occurs when cartilage in your joints wears down over time. Osteoarthritis (OA) typically affects just one joint, though in some cases, such as with finger arthritis, several joints can be affected.

Symptoms often develop slowly and worsen over time.

## Signs and Symptoms

Pain in a joint during or after use, or after a period of inactivity

Tenderness in the joint when you apply light pressure

Stiffness in a joint, that may be the most noticeable when you wake up in the morning or after a period of inactivity

Loss of flexibility may make it difficult to use the joint

Grating sensation when you use the joint

Bone spurs, which appear as hard lumps, may form around the affected joint

Swelling in some cases

OA occurs when the cartilage that cushions the ends of bones in your joints deteriorates over time. The smooth surface of the cartilage becomes rough, causing irritation. Eventually, if the cartilage wears down completely, you may be left with bone rubbing on bone – causing the ends of your bones to become damaged and your joints become painful.

Suspected causes include: Being overweight, the aging process, joint injury, or stress, heredity and muscle weakness