



Management of Osteoarthritis and Knee Pain in Old Aged Persons

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DESCRIPTION

Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide and it is one of the most frequent causes of physical disability among older adults. Although osteoarthritis can damage any joint, the disorder most commonly affects joints in your hands, knees, hips and spine. Osteoarthritis symptoms can usually be managed, although the damage to joints can't be reversed. Staying active, maintaining a healthy weight and receiving certain treatments might slow progression of the disease and helps to reduce pain and joint function. Osteoarthritis occurs when the cartilage that present at the ends of bones gradually deteriorates. Cartilage is a strong, smooth tissue that allows joint movement with little friction. Osteoarthritis is often referred to as bruising disease. In addition to cartilage deterioration, osteoarthritis affects the entire joint. It causes bone changes and deterioration of the connective tissue that holds the joints together and attaches muscle to the bone. It also causes inflammation of the inner walls of the joints. Osteoarthritis is a degenerative disease that worsens over time and often leads to chronic pain. Joint pain and stiffness can be so severe that it makes daily work difficult. The disease affects both men and women. Before the age of 45, osteoarthritis is more common in men than in women. After the age of 45, osteoarthritis is more common in women. Osteoarthritis occurs when the cartilage, the tissue that protects the ends of the bones in a joint, breaks. In some cases, all cartilage may wear down and the bones may rub against each other. Symptoms can range from stiffness to mild pain to severe joint pain. Common signs include joint pain, swelling, and tenderness. Stiffness after getting out of bed; crunchy sensations and sounds like bones rubbing bones. Not all people with osteoarthritis experience pain. Osteoarthritis most commonly affects the hands, hips,

neck, and weight-bearing joints such as the knees, hips, and feet. Osteoarthritis affects only the joints, not the internal organs. Osteoarthritis of the hands seems to be carried out in the family. If a person's mother or grandmother has osteoarthritis, that person is at an above average risk of developing osteoarthritis. Women are more likely to have arthritis than men. Most women develop it after menopause. When osteoarthritis affects the hands, small bone nodules may appear in the joints at the ends of the fingers (closest to the nails). They are called the heberden's node. A hump can occur in the central joint of the finger. The fingers may become large, knotty, painful, or stiff and numb. The base of the thumb joint is also often affected by osteoarthritis.

The knee is one of the most commonly affected joints by osteoarthritis. Symptoms of knee osteoarthritis include stiffness, swelling, and pain that make walking, climbing, and getting in and out of chairs and baths difficult. Osteoarthritis of the knee can lead to disability. Osteoarthritis of the spine can manifest as stiffness and pain in the neck and lower back. In some cases, changes in the spine associated with arthritis can put pressure on the nerves that leave the spine, causing weakness, tingling, or numbness in the arms and legs. In severe cases, it can even affect bladder and intestinal function. Treatment plans for osteoarthritis often include exercise, rest and joint care, pain relief, weight management, dosing, surgery, and complementary treatment approaches. Current treatments for osteoarthritis can relieve symptoms such as pain and disability, but there is no complete cure for the condition. Health care professional can prescribe or recommend treatments that will help to manage arthritis; studies show that people with osteoarthritis who are treated on their own are less painful and less likely to see a doctor. They also enjoy a better quality of life.

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