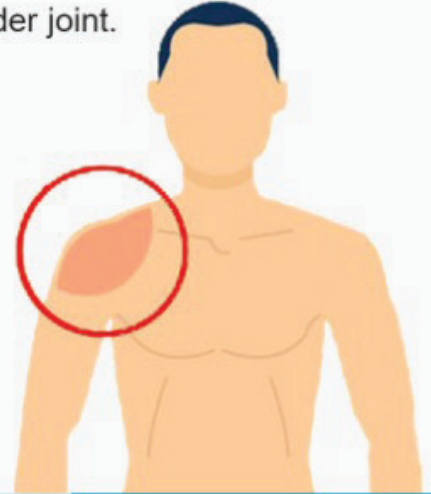


# SHOULDER ARTHRITIS: TYPES, SYMPTOMS, DIAGNOSIS, & TREATMENT

Shoulder arthritis is damage to the cartilage inside the shoulder joint.

## Types of Shoulder Arthritis

- ▶ Osteoarthritis
- ▶ Inflammatory Arthritis
- ▶ Post-Traumatic Arthritis
- ▶ Cuff Tear Arthropathy
- ▶ Osteonecrosis



## SYMPTOMS



Pain in the shoulder joint



Limited range of motion



Grinding, clicking or cracking

## DIAGNOSIS



Physical exam



X Ray



CT Scan

## TREATMENT



Corticosteroid injection



Nonsteroidal anti-inflammatory medications



Surgery

## MANAGEMENT



Take enough rest



Physical therapy exercises



Moist heat



Ice your shoulder

# DEALING WITH HIP AND KNEE PAIN

Osteoarthritis can turn everyday activities into huge challenges. Dealing with pain may be as simple as modifying your activities. If an action causes pain, avoid it. Here are some other steps that may be effective in dealing with joint pain:



WEIGHT LOSS PROGRAM



USING BRACES



ANTI-INFLAMMATORY MEDICINE



INJECTIONS INTO THE AFFECTED JOINT



PHYSICAL THERAPY



## TOTAL JOINT REPLACEMENT

If other measures have been unsuccessful in treating joint pain, you may wish to consider total joint replacement.

Contact an orthopaedic specialist to discuss which treatment options are right for you.

Surgeons remove damaged cartilage (the smooth caps on the end of bones that let bones glide smoothly) and replace an injured joint with an artificial one.



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**Table I: 2010 ACR/EULAR Classification Criteria for RA**

<b>Joint Involvement</b>	<b>Score</b>
1 large joint	0
1-10 large joints	1
1-3 small joints	2
4-10 small joints	3
> 10 joints	5
<b>Serology</b>	
Negative RF and negative ACPA	0
Low-positive RF and low-positive ACPA	2
High-positive RF or high-positive ACPA	3
<b>Acute-phase reactants</b>	
Normal CRP and normal ESR	0
Abnormal CRP or abnormal ESR	1
<b>Duration of symptoms</b>	
< 6 weeks	0
> 6 weeks	1
<p>A patient with score of &gt; 6 is classified as having rheumatoid arthritis (RA).                      ACR is the American College of Rheumatology                      EULAR is the European League Against Rheumatism                      ACPA is anti-citrullinated protein antibody                      CRP is C-reactive protein                      ESR is erythrocyte sedimentation rate</p>	

