

# Osteoarthritis

Osteoarthritis is the most common form of joint disease and is normally caused by wear and tear of the joints as a result of aging. This condition generally involves degradation of the bone and cartilage of joints. It is most commonly in the hand, knee, hip and spinal joints. The level of pain may vary with each patient based on the amount of activity throughout one's life. This type of condition can occur more severely within families, among overweight people, and with people that have jobs that require kneeling, lifting, climbing, walking, or squatting for long periods of time.

Patients tend to seek medical attention secondary to pain which occurs particularly during activity and in some can be partially relieved with rest. Morning stiffness is also a common occurrence with this condition. Often times the pain is noted to increase throughout the day as activity increases.

## Osteoarthritis Treatment

See one of our Osteoarthritis pain management doctors if you start feeling pain and/or stiffness in certain joints and are concerned about osteoarthritis. Our pain management specialists can discuss with you the many different options that can help you manage your pain and will make everyday activities much more pleasant.

Different classes of medications and physical therapy can be beneficial in improving the lifestyle of patients with osteoarthritis. Your pain management physician will also evaluate with you if joint injections are appropriate to alleviate your pain. In more severe cases, surgery can be considered to replace and restore injured joints.

Our highly trained pain physicians care about improving your pain and quality of life. For more information on how Pain Specialists of Orange County can help treat your Osteoarthritis, please contact us at 949-297-3838.