

Treatment of Post-Traumatic Osteoarthritis: Options for Relief

Arati Khanna Gupta*

Department of Medicine, Women's Hospital in Boston, Boston, USA

DESCRIPTION

Post-Traumatic Osteoarthritis (PTOA) is a form of arthritis that occurs after an injury or trauma to a joint. This type of osteoarthritis can be debilitating and can significantly impact a person's quality of life. Fortunately, there are several treatment options available to help manage the symptoms of PTOA.

Causes of post-traumatic osteoarthritis

PTOA occurs when there is damage to the articular cartilage in a joint. This can happen after a traumatic injury, such as a sports injury, car accident, or fall. When the cartilage is damaged, it can no longer protect the bones in the joint from rubbing against each other. This can lead to inflammation, pain, and stiffness.

Symptoms of post-traumatic osteoarthritis

The symptoms of PTOA can vary depending on the severity of the injury and the location of the affected joint. Common symptoms include:

- Pain, particularly with movement or weight-bearing activities
- Stiffness in the joint, especially in the morning or after prolonged periods of inactivity
- Swelling or inflammation around the joint
- A decreased range of motion in the affected joint
- A grinding or popping sensation in the joint

Treatment options for post-traumatic osteoarthritis

There are several treatment options available for PTOA, depending on the severity of the condition. These include:

Medications: Over-the-counter pain relievers, such as acetaminophen and Nonsteroidal Anti-Inflammatory Drugs (NSAIDs), can help alleviate pain and inflammation. Doctors may also prescribe stronger pain medications or corticosteroids to help manage symptoms.

Physical therapy: Physical therapy can help improve the strength

and flexibility of the affected joint. A physical therapist can teach exercises and stretches that can help reduce pain and improve range of motion.

Assistive devices: Assistive devices, such as braces, crutches, or canes, can help reduce pressure on the affected joint and improve mobility.

Weight loss: Losing weight can help reduce the pressure on the affected joint and may help alleviate symptoms.

Injections: Injections of corticosteroids or hyaluronic acid can help reduce inflammation and pain in the affected joint.

Surgery: In severe cases, surgery may be necessary to repair or replace the damaged joint. Joint replacement surgery involves removing the damaged joint and replacing it with a prosthetic joint.

Prevention of post-traumatic osteoarthritis

While it may not always be possible to prevent PTOA, there are steps that can take to reduce risk of developing this condition. These include:

- Wearing appropriate protective gear when engaging in high-risk activities, such as sports or manual labor
- Using proper technique when engaging in physical activities to reduce the risk of injury
- Maintaining a healthy weight to reduce the pressure on joints
- Seeking prompt medical attention for injuries to the joints.

PTOA can be a challenging condition to live with, but there are several treatment options available to help manage symptoms and improve quality of life. Medications, physical therapy, assistive devices, weight loss, injections, and surgery can all be effective in treating PTOA. By taking steps to prevent injuries and seeking prompt medical attention when an injury does occur, it will reduce the risk of developing PTOA and other joint-related conditions. If anyone experiencing symptoms of PTOA, it is better to talk to doctor to determine the best treatment options for individual needs.

Correspondence to: Arati Khanna Gupta, Department of Medicine, Women's Hospital in Boston, Boston, USA, E-mail: dr.aratikhanna@gmail.com

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