



Joint Pain

how many joints?

Single (monoarticular)

mono \longleftrightarrow poly
can evolve into

multiple (oligo \rightarrow polyarticular)

arthritis?

no

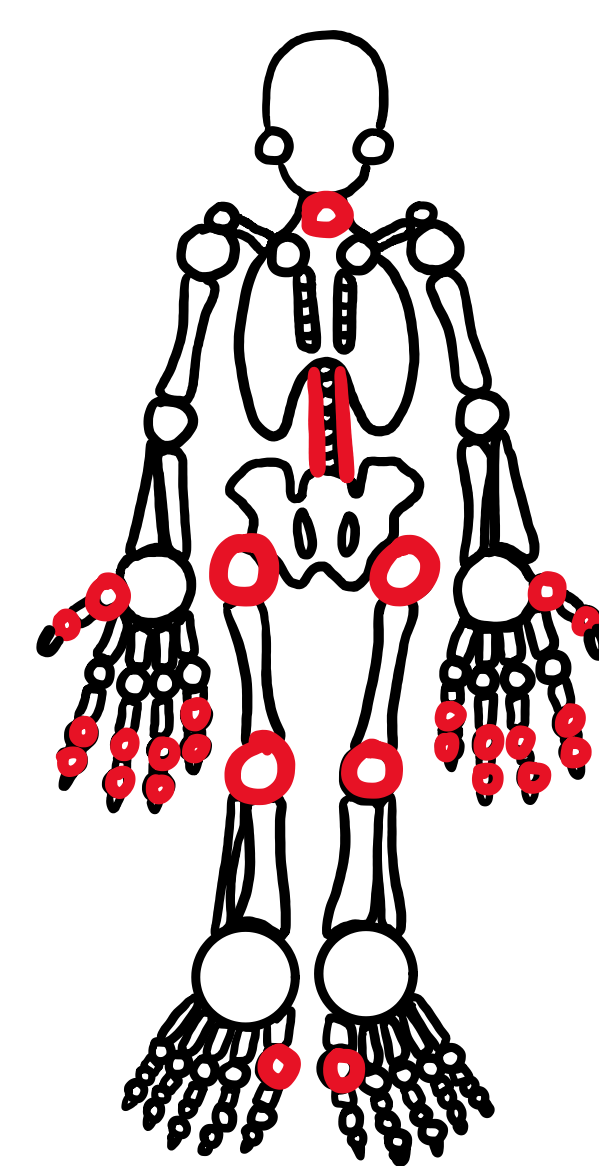
- degenerative
- traumatic
- mechanical

yes

localized inflammation

- features:
- pain PM > AM
 - worse w/ use
 - negative systemic inflammatory sx

osteoarthritis



distribution

- weight bearing joints
 \hookrightarrow hips, knees, spine
- hands: CMC, PIP, DIP*
- feet: 1st MTP

hemochromatosis

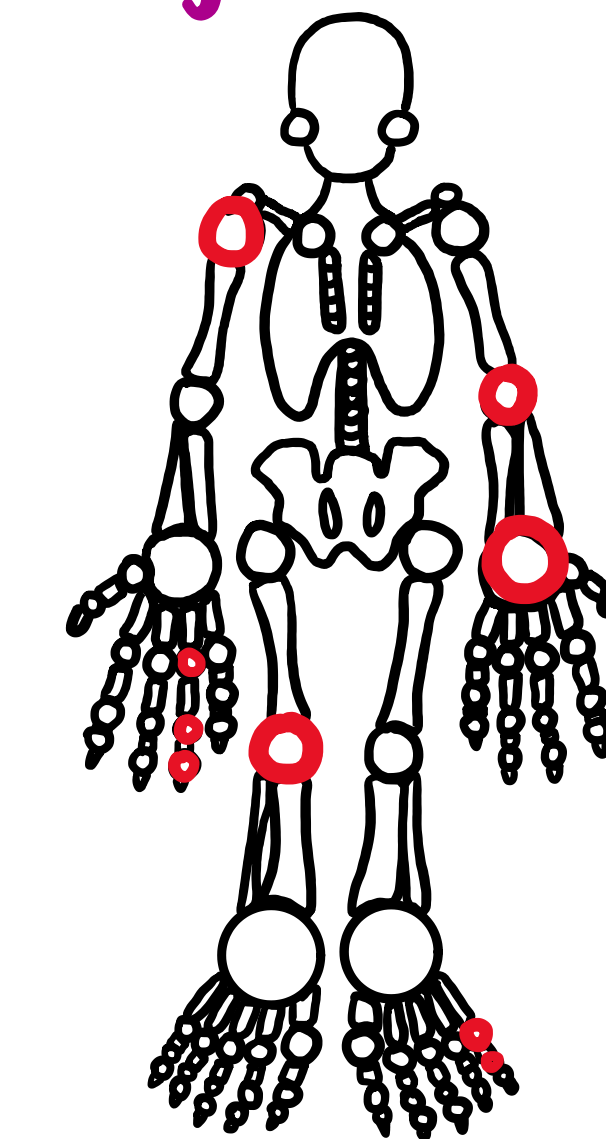
- * 2nd + 3rd MCP

systemic inflammation

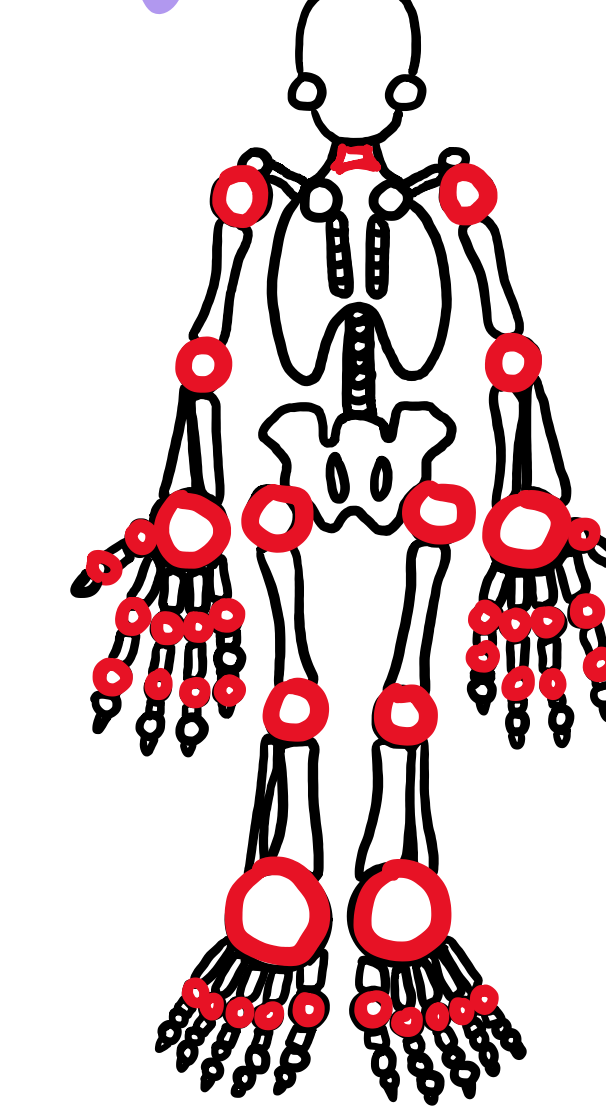
- features:
- pain/stiffness AM > PM
 - sponginess/warmth on exam
 - improvement with movement
 - \uparrow ESR/CRP

distribution

asymmetric



symmetric



- shoulders, elbows wrists
- hips, knees, ankles
- * hands: CMC, MCP, PIPs
- feet: MTPs

rheumatoid arthritis

- \oplus RF, CCP
- ulnar deviation, swan-neck deformity, rheumatoid nodules

SLE

- malar rash
- oral ulcers
- \oplus ANA, dsDNA, Smith
- \downarrow C3, C4

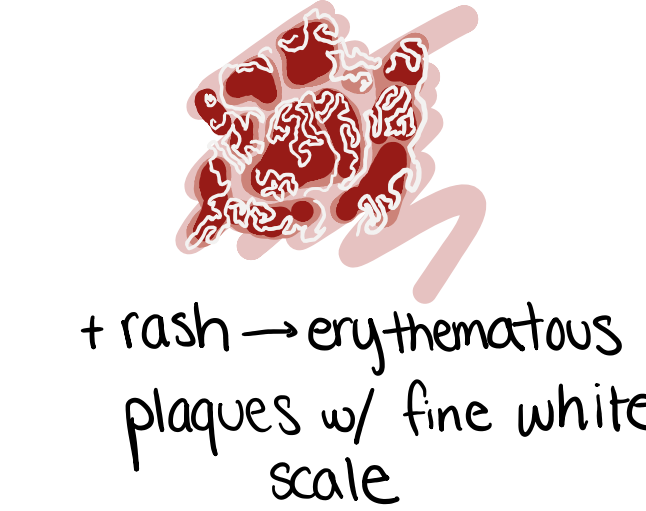
axial involvement

Common

spondyloarthritis

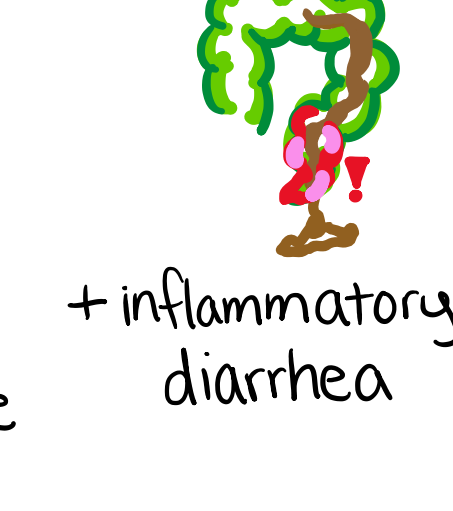
* HLA-B27

psoriatic



- + rash \rightarrow erythematous plaques w/ fine white scale

IBD-associated



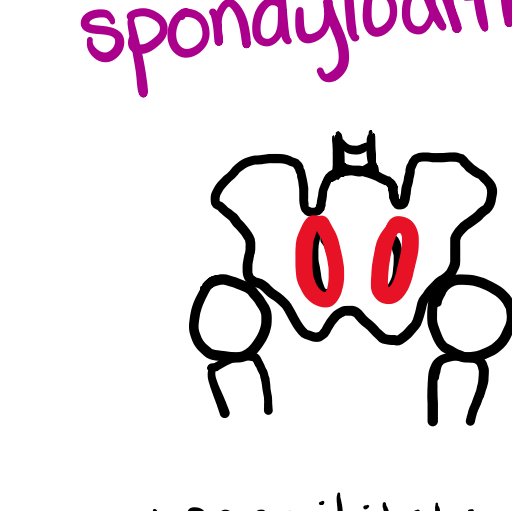
- + inflammatory diarrhea

reactive



- + migratory +/- uveitis

axial spondyloarthritis



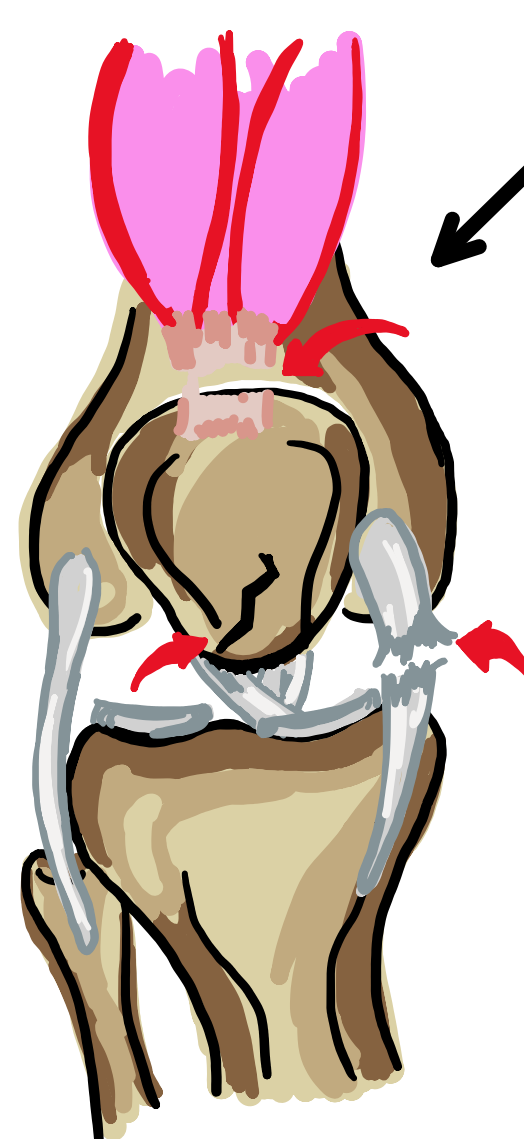
- + sacroiliitis

uncommon

multifocal crystalline arthritis

vasculitis associated arthritis

- trauma hx
- weight bearing concerns
- laxity on exam



bone, ligament, tendon

imaging needed

- bone
• X-ray
- ligament/tendon
• MRI

* consider orthopedic evaluation

arthritis

- \hookrightarrow context clues first
e.g. - location \rightarrow 1st big toe?
- HPI: high risk sexual activity
 - HPI: recent local trauma
 - PMH: joint replacement

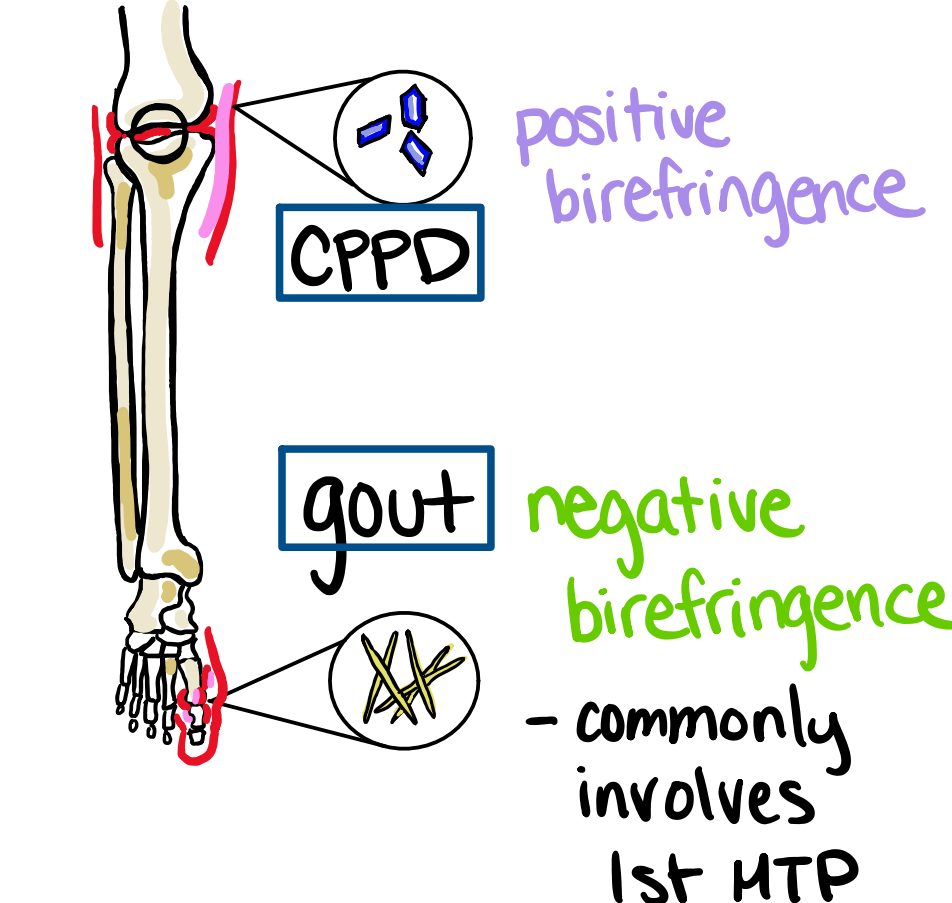
effusion present?
TAP!

	Non-inflammatory	Inflammatory	Septic
Color	clear/straw	yellow-cloudy	turbid
WBC	< 2000	> 10,000	> 50,000
PMN	< 25%	> 50%	> 75%

DDx

- osteoarthritis
- traumatic arthritis

- reactive arthritis
- crystalline arthritis



- bacterial joint infection
 \hookrightarrow pending HPI
consider
- staph/strep
- gonococcal