Symptoms of Osteoarthritis

by Rosalyn Carson-DeWitt, MD

En Español (Spanish Version)

Symptoms of osteoarthritis include the following:

- Pain in the joint
  - Most commonly affected joints are those of the knee, hip, hand, or spine
  - Pain usually increases when the joint is used or stressed
  - Pain is usually decreased by resting the joint
  - May be described as a dull, achy pain or a sharper, stabbing sensation

- Stiffness
  - Stiffness can make everyday activities difficult, such as leaning down to pick something up, putting on shoes, opening a jar, walking, or climbing stairs.
  - Stiffness occurs first thing in the morning is common, usually lasting under 30 minutes after you resume activity.
  - Stiffness after any period of inactivity is common (such as after sitting still for a couple of hours in a movie theater or on an airplane).
  - Stiffness decreases your range of motion, so that you can’t bend or unbend a joint as far as you normally could.
  - You may have a feeling of instability in the joint. For example, your knee may feel as if it is going to buckle underneath you.
  - You may feel or hear a grating or creaking sound when you bend or unbend your joint.
  - Your joint may develop an abnormal appearance:
    - It may appear inflamed, red, swollen.
    - It may appear misaligned or misshapen.

REFERENCES:

Arthritis Foundation website. Available at: http://www.arthritis.org/.


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