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untuk Jakarta



RSKD Duren Sawit

Mengenal Pengapuran Pada Lutut dan Penanganannya

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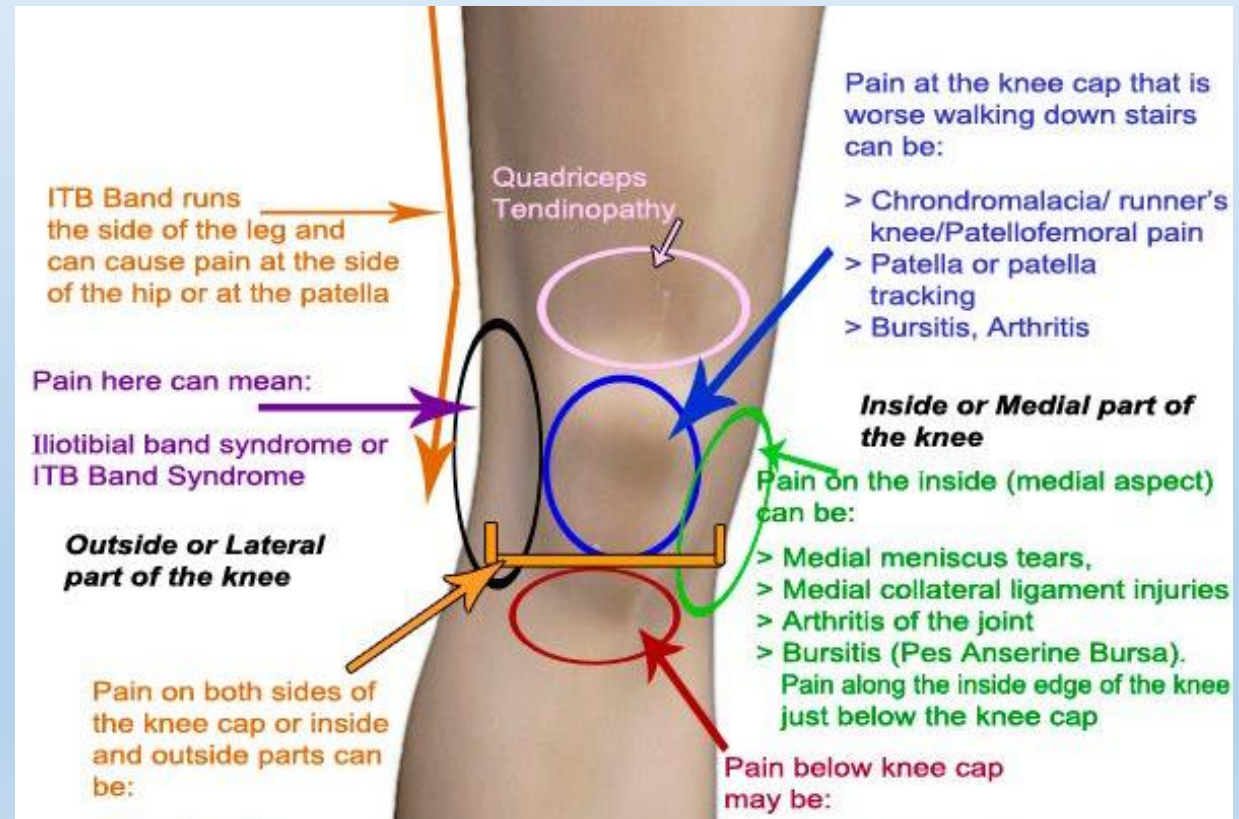
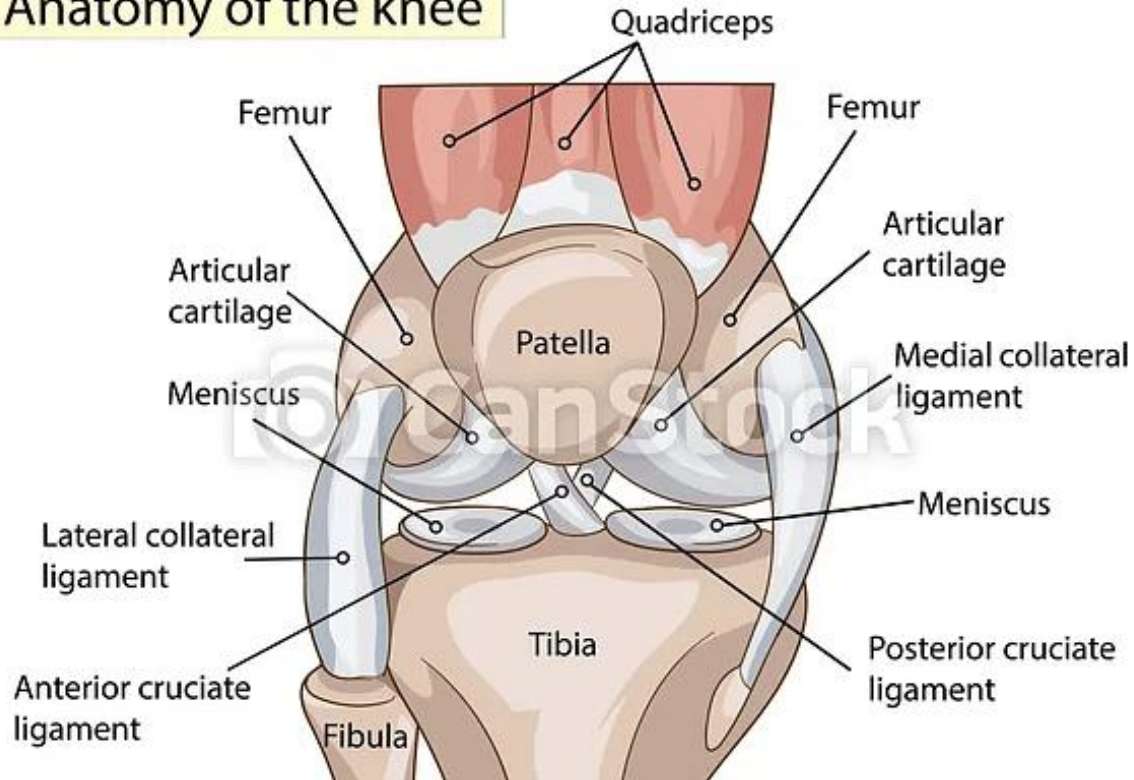
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Nyeri pada Lutut

- Pain is An unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage
- Pain characteristics:
 - Onset
 - Location
 - Duration
 - Severity
 - Quality
 - Aggravating and alleviating factors
 - Ability to continue their activity or ceased by activities?

Nyeri lutut

Anatomy of the knee





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Pengapuran (Osteoarthritis/OA)

- Chronic degenerative disorder of synovial joints in which progressive softening and erosion/disintegration of articular cartilage
- extremely common in older people; 80% of people over 55 years of age.
- It mainly affects the hips, knees, spine, hands and feet
- The most common form of arthritis is Osteoarthritis. Other common form: gout, fibromyalgia and Rheumatoid arthritis. An estimated 27 million adults had osteoarthritis in 2005 –arthritis rheum 2008;58(1):26-35

Gambaran Klinis OA

Symptoms

- Pain (the nature and severity of which is very variable)
- Joint stiffness (particularly short-lasting stiffness after a period of inactivity)
- Fatigue
- Sleep disturbance
- Depression
- Reduced functional ability and activities

Signs

- Tenderness of the joint
- Bony swelling
- Reduced range of movement with pain at the end of the range
- Crepitus on movement of the joint
- Weakness and wasting of muscles acting on the joint
- Signs of inflammation (usually fairly mild)
- Deformity and instability in severe cases

Faktor resiko

Systemic predisposition

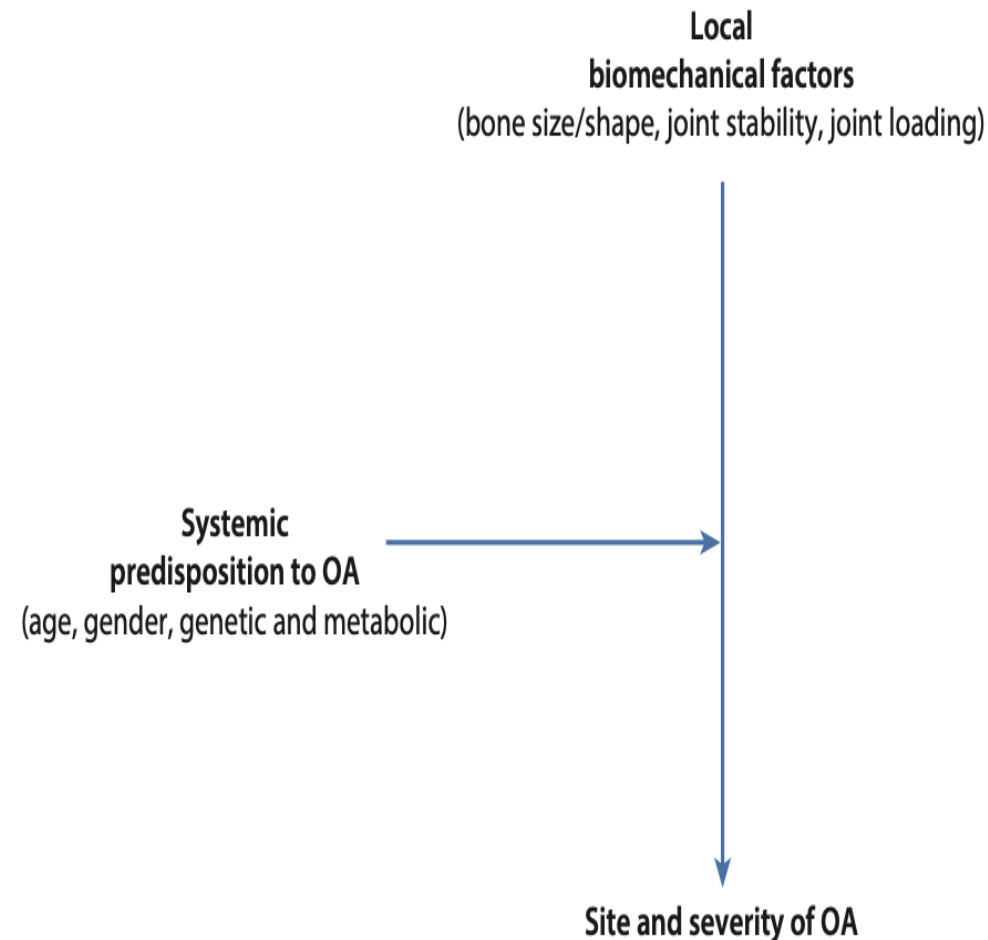
- Genetics
- Age
- Gender
- Diet and obesity

Local biomechanical factors

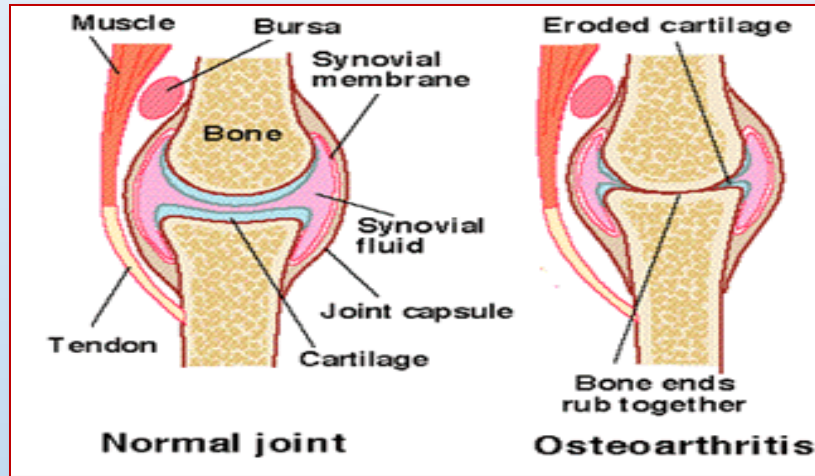
- Abnormal joint shape and size
- Previous injury
- Neuromuscular problems
- Obesity
- Loading/occupational factors

Bone mineral density

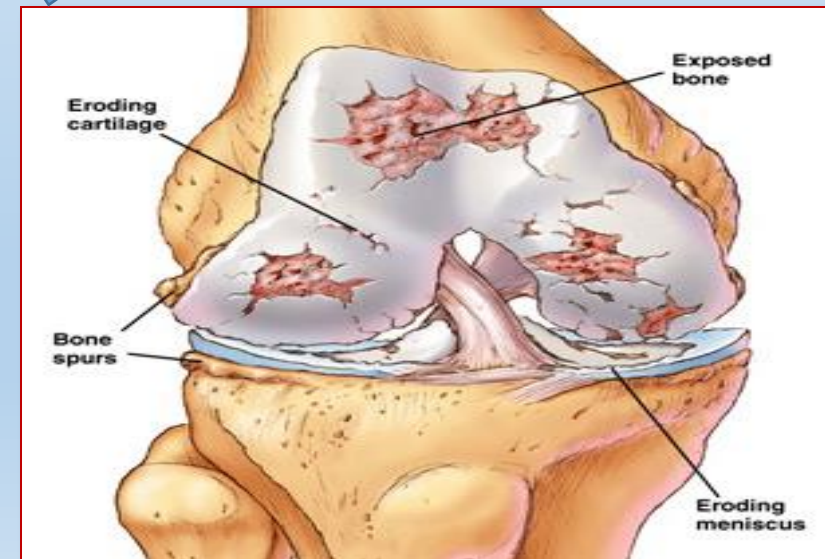
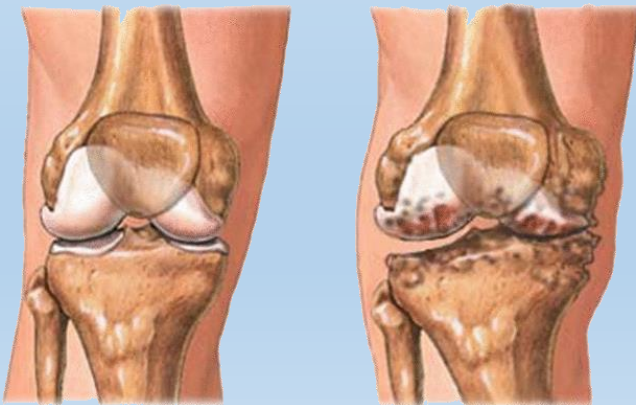
(It is unclear whether this is a local or a systemic factor)



Perubahan Struktur Anatomy pada Osteoarthritis

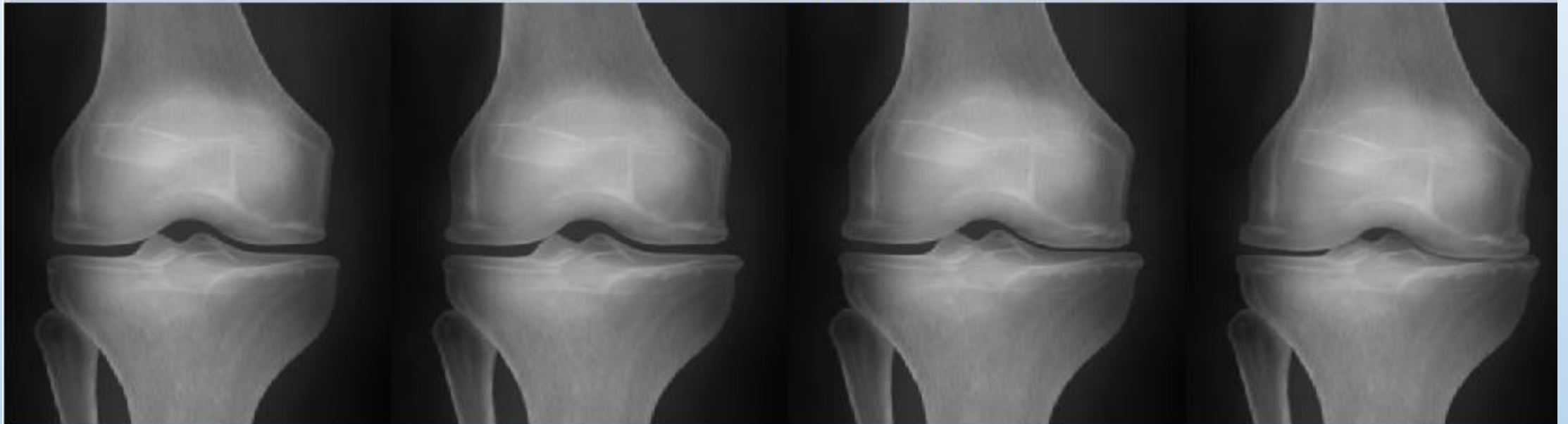


Softening and swelling of the cartilage
Fragmentation and fissuring of the cartilage in an area less than 1/2 inch in diameter
Fragmentation and fissuring of the cartilage in an area more than 1/2 inch in diameter
Exposure of underlying bone.



Tingkat Keparahan

Kellgren-Lawrence (KL) grading scale



Grade 1

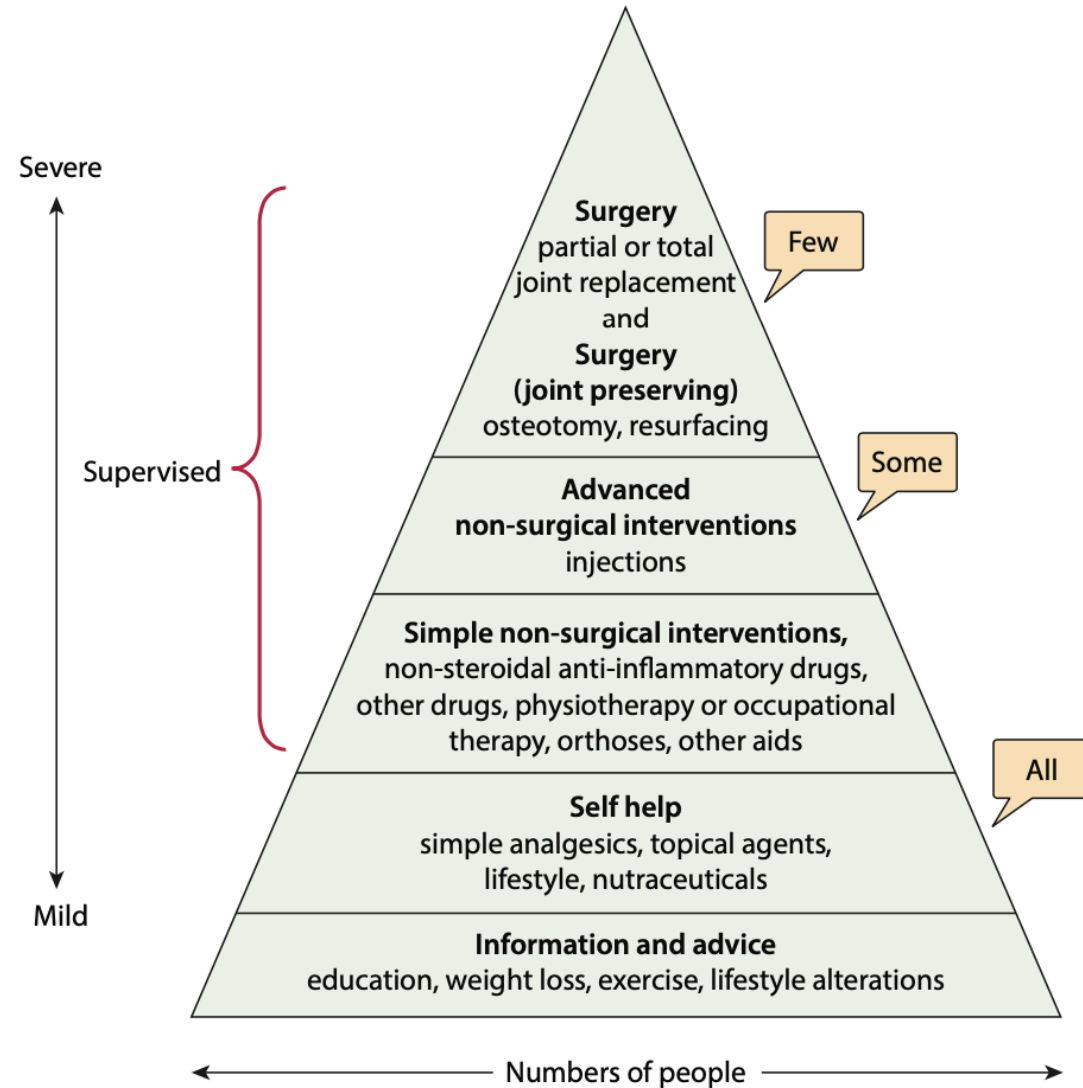
Grade 2

Grade 3

Grade 4

CLASSIFICATION	Normal	Doubtful	Mild	Moderate	Severe
DESCRIPTION	No features of OA	Minute osteophyte: doubtful significance	Definite osteophyte: normal joint space	Moderate joint space reduction	Joint space greatly reduced: subchondral sclerosis

Modalitas Pengobatan



The pyramid of treatment for symptomatic osteoarthritis (From Dieppe & Lohmander, 2005.)



Terima Kasih