

## Disorders of the Joint

### Course Description:

Persons presenting with joint disorders make up a large portion of the therapist's client base. These conditions are often manifested by pain, deformity, and loss of mobility and function. This course is designed to provide the Physical Therapist and Physical Therapist Assistant with an understanding of various disorders of joints including: osteoarthritis, degenerative intervertebral disk disease, rheumatic diseases, spondyloarthropathies, and gout. Content includes definition, incidence, risk factors, clinical manifestations and pathogenesis for each area. Sections also include special implications for the treating therapist based on the PT Preferred Practice Patterns.

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### Course Objectives:

Course Participants will be able to:

#### A. Osteoarthritis (OA)

1. Describe incidence of OA
2. Describe etiologic and risk factors associated with OA
3. Understand pathogenesis of OA
4. Describe clinical manifestations of OA
5. Describe medical management of OA including: treatment, diagnosis, treatment and prognosis for this disorder
6. Describe best treatment practice as related to PT Preferred Practice Patterns including
  - a. Use of medications and nutraceuticals
  - b. Exercise and OA

#### B. Degenerative Intervertebral Disk Disease

1. Describe etiology, risk factors and pathogenesis associated with degenerative intervertebral disk disease
2. Describe clinical manifestations of degenerative intervertebral disk disease
3. Describe implications for the treating therapist as related to the PT Preferred Practice Patterns

### C. Rheumatic Diseases

1. Differentiate between osteoarthritis and rheumatoid arthritis
2. Rheumatoid Arthritis (RA)
  - a. Describe incidence and risk factors associated with RA
  - b. Describe pathogenesis of RA
  - c. Describe articular and extraarticular clinical manifestations of RA
  - d. Describe medical management of RA including prevention, diagnosis, treatment and prognosis for this disorder
  - e. Describe implications for the PT related to Preferred Practice Patterns with focus on
    - i. Medical screening of joint pain
    - ii. Cervical spine involvement
    - iii. Rehabilitation
    - iv. Postoperative care
    - v. Exercise and RA
    - vi. Modalities and RA
    - vii. Medications
3. Juvenile Rheumatoid Arthritis (JRA)
  - a. Describe three forms of childhood arthritis
  - b. Describe etiology, risk factors and pathogenesis associated with JRA
  - c. Describe diagnosis and treatment associated with JRA
  - d. Describe implications for the therapist as related to PT Preferred Practice Patterns related to this disorder

### D. Spondyloarthropathies

1. Describe incidence, etiology and risk factors associated with a group of spondyloarthropathies including: ankylosing spondylitis, Sjögren's syndrome, psoriatic arthritis and reactive arthritis, and Reiter's syndrome
2. Describe clinical manifestations for each of this group of spondyloarthropathies
3. Understand pathogenesis for these disorders
4. Describe medical management for spondyloarthropathies including diagnosis, treatment and prognosis
5. Describe implications for the therapist for this group of spondyloarthropathies as related to PT Preferred Practice Patterns

### E. Gout

1. Describe incidence, risk factors and etiologic factors for gout
2. Understand pathogenesis and clinical manifestations for gout
3. Describe diagnosis, treatment and prognosis for gout
4. Describe implication for the PT related to Preferred Practice Patterns

### CEU Approvals:

For information on specific state approval of this course, refer to the *On.Line PT CEUs* "About State Approvals" web page.