



WORK RIGHT REVIEW

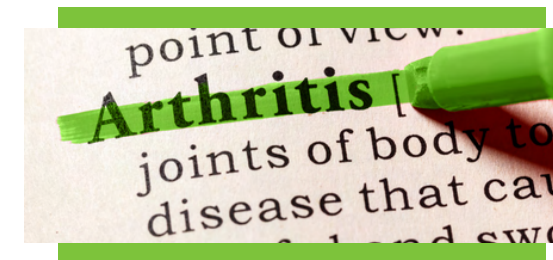
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INFLAMMATORY WORDS

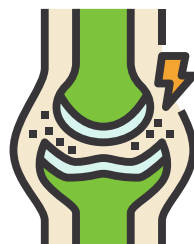
BY ERIN GUIDARELLI, ATC

Have you ever been hindered by a painful, achy, and stiff joint pain in your day-to-day activities? Maybe you've assumed this is arthritis because of your age or your occupation. There are several types of arthritic inflammation and several other conditions that can be confused with this painful, swelling condition. Let's take a look!



Types of Arthritis

Osteoarthritis (OA): This is the "wear and tear" arthritis we often think about with the term. This type most often affects load bearing joints (low back, hips, and knees).



Rheumatoid Arthritis (RA): This systemic autoimmune inflammatory disease typically causes symmetrical joint pain, swelling and stiffness, and is more chronic in nature.



Psoriatic Arthritis: A type of inflammatory arthritis that affects some people who have the skin condition psoriasis.

Pseudogout: This type presents very similar to gout, though the crystals in the joint space and blood are composed of calcium pyrophosphate dihydrate (CPPD).

Other Things That Feel Like Arthritis

Gout: Gout is caused by hyperuricemia (too much uric acid in the blood), and is seen with the sudden onset of severe pain - most commonly the big toe.

Trigger Finger: This condition occurs when one of your fingers gets stuck in a bent position. Your finger may bend or straighten with a snap, just like a trigger being pulled and released.

Strain/Sprain: Strains and sprains are typically caused by a specific traumatic event or can be caused by overuse, rather than arthritic pain that develops over decades. A SPRAIN is stretching or tearing of ligaments and a STRAIN is stretching or tearing of a muscle or tendon.

Fracture: Like the strain and sprain, a fracture occurs with a traumatic event and is a complete or partial break in a bone.

WANT TO READ MORE? SCAN THE QR!

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.



Questions?

Consult your onsite injury prevention specialist or call the On Demand team for an evaluation of your symptoms to determine what route of care is most appropriate!