

Give Now

REVIEWEDBy Chris at 9:53 am, Jul 29, 2020



Log in to Patient Account

Request an Appointment Find a Doctor Find a Job

English

Patient Care & Health Information

Diseases & Conditions

Osteoarthritis

Request an Appointment

Symptoms & causes

Diagnosis & treatment

Doctors & departments

Overview Print Advertisement

Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide. It occurs when the protective cartilage that cushions the ends of your bones wears down over time.

Although osteoarthritis can damage any joint, the disorder most commonly affects joints in your hands, knees, hips and spine.

Osteoarthritis symptoms can usually be managed, although the damage to joints can't be reversed. Staying active, maintaining a healthy weight and some treatments might slow progression of the disease and help improve pain and joint function.

Products & Services

Book: Mayo Clinic on Arthritis

Show more products from Mayo Clinic

Mayo Clinic does not endorse companies products. Advertising revenue supports o for-profit mission.

Advertising & Sponsorship

Policy | Opportunities | Ad Choices

Mayo Clinic Marketplace

Check out these best-sellers and spec offers on books and newsletters from I Clinic.

Free Special Report — Psychological Aid

NEW — Mayo Clinic Guide to Arthritis

Mayo Clinic on Digestive Health

Mayo Clinic on Healthy Aging

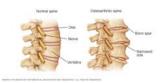
The Mayo Clinic Diabetes Diet

Symptoms

Osteoarthritis symptoms often develop slowly and worsen over time. Signs and symptoms of osteoarthritis include:

Osteoarthritis - Symptoms and causes - Mayo Clinic

- **Pain.** Affected joints might hurt during or after movement.
- Stiffness. Joint stiffness might be most noticeable upon awakening or after being inactive.
- Tenderness. Your joint might feel tender when you apply light pressure to or near it.
- Loss of flexibility. You might not be able to move your joint through its full range of motion.



Osteoarthritis of the spine



Osteoarthritis of the hip

- **Grating sensation.** You might feel a grating sensation when you use the joint, and you might hear popping or crackling.
- **Bone spurs.** These extra bits of bone, which feel like hard lumps, can form around the affected joint.
- **Swelling.** This might be caused by soft tissue inflammation around the joint.

When to see a doctor

If you have joint pain or stiffness that doesn't go away, make an appointment with your doctor.

Request an Appointment at Mayo Clinic

Causes

Osteoarthritis occurs when the cartilage that cushions the ends of bones in your joints gradually deteriorates. Cartilage is a firm, slippery tissue that enables nearly frictionless joint motion. Eventually, if the cartilage wears down completely, bone will rub on bone.

Osteoarthritis has often been referred to as a "wear and tear" disease.

But besides the breakdown of cartilage, osteoarthritis affects the entire joint. It causes changes in the bone and deterioration of the connective tissues that hold the joint together and attach muscle to bone. It also causes inflammation of the joint lining.

Risk factors

Factors that can increase your risk of osteoarthritis include:

- Older age. The risk of osteoarthritis increases with age.
- **Sex.** Women are more likely to develop osteoarthritis, though it isn't clear why.
- Obesity. Carrying extra body weight contributes to osteoarthritis
 in several ways, and the more you weigh, the greater your risk.
 Increased weight adds stress to weight-bearing joints, such as
 your hips and knees. Also, fat tissue produces proteins that can
 cause harmful inflammation in and around your joints.
- Joint injuries. Injuries, such as those that occur when playing sports or from an accident, can increase the risk of osteoarthritis.
 Even injuries that occurred many years ago and seemingly healed can increase your risk of osteoarthritis.
- Repeated stress on the joint. If your job or a sport you play places repetitive stress on a joint, that joint might eventually develop osteoarthritis.
- Genetics. Some people inherit a tendency to develop osteoarthritis.
- Bone deformities. Some people are born with malformed joints or defective cartilage.
- Certain metabolic diseases. These include diabetes and a condition in which your body has too much iron (hemochromatosis).

Complications

Osteoarthritis is a degenerative disease that worsens over time, often resulting in chronic pain. Joint pain and stiffness can become severe enough to make daily tasks difficult.

Depression and sleep disturbances can result from the pain and

disability of osteoarthritis.

By Mayo Clinic Staff

Request an Appointment at Mayo Clinic

Diagnosis & treatment

Share on: Facebook Twitter Print Feb. 22, 2020

Show references ∨

Related

Arthritis creams

Artificial hip

Buttonhook

Show more related content

Associated Procedures

Cortisone shots

Elbow replacement surgery

Hip replacement

Show more associated procedures

News from Mayo Clinic

Mayo Clinic Q and A: Treating osteoarthritis with corticosteroid injections

Sept. 20, 2019, 09:00 p.m. CDT

Stem cells reduce pain of knee arthritis: Mayo Clinic Radio Health Minute

April 22, 2019, 06:42 p.m. CDT

Mayo Clinic Minute: Advances in treatment of soft tissue injuries

April 09, 2019, 07:00 a.m. CDT

Show more news from Mayo Clinic

Products & Services

Book: Mayo Clinic on Arthritis

Show more products and services from Mayo Clinic

Osteoarthritis

Symptoms & causes

Diagnosis & treatment

Doctors & departments

Patient Care & Health Information Diseases & Conditions Osteoarthritis

CON-20164394



Request Appointment | Contact Us

About Mayo Clinic | Employees | Find a Job

Site Map | About This Site

Mayo Clinic is a notfor-profit organization. Make a donation.

Any use of this site constitutes your agreement to the Terms and Conditions and Privacy Policy linked below.

Terms and Conditions

Privacy Policy

Notice of Privacy Practices

Notice of Nondiscrimination

A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.org," "Mayo Clinic Healthy Living," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.



© 1998-2020 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved.