

Your Weekly Medical Advice

by Dr Pilate Ntsuke

"Committed to the care of our patients and community"


euroa medical

Clinic Hours

Monday – Friday 8am-6pm

Saturday 9am – 5pm

Phone (ALL HOURS) 5795 2011

Emergency clinic

Sundays and public holidays 9am – 11am

(in our rooms @ Euroa Health)

Phone 5795 0200

Osteoarthritis

Osteoarthritis is a degenerative condition resulting from breakdown of joint cartilage over time. It is the most common form of arthritis, commonly occurring in adults over the age of 45 years.

Some of the symptoms of osteoarthritis include joint stiffness, joint pain, muscle weakness, joint instability, reduced range of movement and grinding sensation of affected joints. Risk factors of osteoarthritis include being overweight or obese, family history of osteoarthritis and previous injury or overuse of the joint.

Osteoarthritis is usually diagnosed based on history and clinical examination, however, X-rays may be needed to confirm the diagnosis. Management of osteoarthritis involves performing certain exercises, pain medications and sometimes surgery. It is advisable to see your doctor for a thorough assessment if you suspect you might have arthritis or are experiencing any of the mentioned symptoms.

We would appreciate your feedback or topics you would like to hear about at business.manager@emfp.com.au