

GOUTY ARTHRITIS

Definition: A familial disorder of purine metabolism in which uric acid, the normal end product, is involved. Gout is characterized by hyperuricemia and the deposition of sodium urate in the tissue.^{1,6}

Pathophysiology: The joint lesions consists of creamy or chalky deposits of sodium urate surrounded by foreign body inflammatory reaction, they occur in the synovium, ligaments, articular cartilage, and periarticular bone.

Such urate deposits are sometimes found in ears and may also occur in subcutaneous tissue, fascia, kidneys, heart and other viscera. In early stages of gout, there is acute monoarticular pain and inflammation and in the later stages by chronic deforming articular changes. The most common site involved are those of the foot, classically the first metatarsophalegeal joint.¹



Affected People/Population:

Approximately 90% of the patients are males and are usually past the age of 30. Secondary gout is found in diseases such as polycythemia, leukemia, and myeloma.¹

Medications: Ibuprofen, indomethacin, phenylbutazone and colchicines may be given to relieve acute symptoms. Tophaceous deposits can be prevented or reversed by prolonged use of allopurinol and xanthine oxidase inhibitor.

Surgery: In late cases, large tophi may require surgical extirpation, and severe destructive arthritis occasionally

necessitates surgical reconstruction.^{1,2}

Physical Therapy: During acute attacks, application of modalities such as hot packs and T.E.N.S. can alleviate the symptoms. The patients are also advised to have a low purine diet, trauma and avoidance of excessive intake of alcohol to help prevent acute attacks.^{1,4,7}

References:

1. Handbook of Orthopaedic Surgery 10th Ed. By Brasher and Raney
2. Physical Rehabilitation by O'Sullivan 3rd Ed.
3. MIMS (Medical Index of Medical Specialties) 2nd Quarter 2006
4. Rehabilitation Medicine by De Lisa 3rd Ed.
5. Therapeutic Exercise by Kissner 4th Ed.
6. Merriam-Webster's Medical Dictionary
7. Electrophysical Agents in Physiotherapy by Wadsworth and Chanmugan 2nd

WWW.PTRNCAREINC.COM

Physical & Rehabilitation Therapy Services

FOR MORE INFORMATION PLEASE CALL 213.250.0078