**ESTUDO DIRIGIDO**

**OSTEOARTRITE**

1. Defina osteoartrite:

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1. A osteoartrite possui vários fatores de risco individuais e externos, entre eles, obesidade, idade avançada e estresse prolongado das articulações. Correlacione estes 3 fatores de risco ao surgimento da doença:

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1. Descreva os sinais e sintomas da osteoartrite:

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1. Defina:

Nódulos de Heberden: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Nódulos de Bouchard: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rizartrose: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Gonartrose: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coxartrose: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Como diferenciar do acometimento da osteoartrite de mão do acometimento de mãos pela artrite reumatoide?

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1. Cite os principais achados radiográficos da osteoartrite

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O tratamento da osteoartrite visa melhorar a qualidade de vida do paciente, através do alívio da dor e da manutenção da função articular.

1. Comente sobre a importância do tratamento não farmacológico nesse contexto, destacando os exercícios:

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1. O que é conservação de energia e como pode ser empregada nestes casos:

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1. Cite 2 exemplos de técnicas de proteção articular e 2 de órteses utilizadas na osteoartrite:

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1. Cite duas situações em que o tratamento cirúrgico da osteoartrite é indicado?

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