

**Cycle 5**  
**2503 - Understanding Elbow Arthritis**  
**SCRIPT**

**(1)**

**EUGENE FARNG, MD:**

Arthritis is a longer term problem. Arthritis is just one of the many signs of aging.

**(2)**

**EMIL DIONYSIAN, MD:**

Generally, arthritis literally means joint inflammation. Bottom line is in the elbow arthritis, the cartilage, which is the gliding surface of the joint, tends to wear out or degenerate. And as bones start to rub against the bone, there are secondary developments happen in the joint and inflammation, swelling, pain, locking, clicking.

**(3)**

**BRIAN HILD, MD:**

There is the bone itself losing cartilage, and it's a bony problem getting stiff.

**(4)**

**EMIL DIONYSIAN, MD:**

It's not being, go all the way straight. There is some lack of motion or you're not being able to go all the way bended. Or there is a click in the elbow in mid-range or there is a locking.

**(5)**

**BRIAN HILD, MD:**

Elbow arthritis itself, it's a dull, achy, toothache pain that's there all the time, and it may be worsened with activity. Arthritis of the elbow usually causes a general un-localized ache, and a stiffness feeling.

**(6)**

**EMIL DIONYSIAN, MD:**

When we refer to elbow arthritis, most of the time there are two kinds. There are the degenerative that we know as osteoarthritis. And there is the rheumatoid arthritis. The main part of the rheumatoid arthritis is more general arthritis. It affects the whole body. Osteoarthritis is more degenerative type, more pressure-oriented, more age-related and more slower onset. And usually hits one elbow or the other and generally doesn't hit the whole body at the same time. The symptoms of elbow arthritis is number one pain.

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