

# Bone Ache and Stiffness

Affecting more than 50 million Americans, arthritis is the number one cause of disability and a common cause of chronic pain. All forms of arthritis affect the joints; can you determine which are depicted?

**Match the diagnosis to the photo by letter**

- a. Osteoarthritis
- b. Rheumatoid arthritis
- c. Gout
- d. Psoriatic arthritis



**1.** This patient presented with rapid onset of severe pain in the metatarsophalangeal joint of the great toe, accompanied by swelling, redness, and fever. The pain was most severe in the first two to 24 hours and peaked within 24 hours. The history was remarkable for trauma to the toe; family history included a first-degree relative with the same symptoms. The patient admitted to drinking alcohol regularly.



**2.** A 75-year-old woman presented to her primary care provider with pain in both hands. She said that she'd had the pain for a year and that it worsened in cold weather and improved with ibuprofen.



**3.** A 45-year-old man with longstanding psoriasis began experiencing finger pain and swelling. The patient, who had a history of hepatitis C, noted that his fingernails had recently begun crumbling and his fingers were stiff in the morning.



**4.** A 62-year-old woman was concerned about her fingers, which weren't straight. She'd had increasing pain in both hands (specifically, the metacarpophalangeal [MCP] joints) over the past two years. Her fingers were stiff in the morning, but she was able to gain some relief with ibuprofen and naproxen. Physical examination revealed an ulnar deviation in her fingers and swelling of the MCP joints on both hands.

Text for Cases 2, 3, and 4 was adapted with permission from Chumley H, Usatine R. Arthritis overview. In: Usatine R, Smith M, Mayeaux EJ, et al, eds. *Color Atlas of Family Medicine*. 2nd ed. New York, NY: McGraw-Hill; 2013:562-568. Photos for Cases 2 and 4 courtesy of Richard P. Usatine, MD; for Case 3 courtesy of Ricardo Zuniga-Montes, MD.

To learn more about the *Color Atlas of Family Medicine*, see [www.amazon.com/Color-Family-Medicine-Richard-Usatine/dp/0071769641/](http://www.amazon.com/Color-Family-Medicine-Richard-Usatine/dp/0071769641/)

You can now get the second edition of the *Color Atlas of Family Medicine* as an app by clicking on this link: [usatinemedia.com](http://usatinemedia.com)

For the correct answers, go to [www.clinicianreviews.com/articles/picture-this.html](http://www.clinicianreviews.com/articles/picture-this.html).