#### Nader A. Khalidi and John O'Neill

Arthritic disorders come in many different forms, and the key to specific diagnoses is in the meticulous taking of a history and performance of a physical exam. This will decide the type and extent of laboratory investigations and the choice of imaging techniques.

Confirming that symptoms are originating from the musculoskeletal system and are not referred, which may occur with neurologic or vascular disease, is essential. This decision making can be helped by simple questions on history such as if there is numbness or tingling, if symptoms occur at certain times, or if with certain positions (such as that of carpal tunnel syndrome which is worse at night because of the positional nature of the wrist in the flexed position), or if with pain in the buttocks or calves with ambulation (which resolves within minutes with vascular claudication upon resting or similar symptoms but take longer to resolve with neurogenic claudication).

N.A. Khalidi, MD, FRCP(C) (Ed)
Program Director, Division of Rheumatology,
McMaster University, Hamilton,
ON L8N 1Y2, Canada
e-mail: naderkhalidi@sympatico.ca
J. O'Neill, MB, BAO, BCh, MRCPI,
MSe, FRCR
Associate Professor, Musculoskeletal Imaging,
Diagnostic Imaging, McMaster University/
St Joseph's Healthcare, Hamilton,
ON L8N4A6, Canada
e-mail: joneill2@me.com

There are many types and subtypes of arthritides (Fig. 2.1). Some of the more common arthritides that are covered in this text and are important to keep aware of at all times include the following:

- I. Osteoarthritis
- 2. Rheumatoid arthritis
- Seronegative arthritis (ankylosing spondylitis, reactive arthritis, psoriatic arthritis, enteropathic arthritis)
- Crystalline arthropathies (gout, CPPD)
- Connective tissue disorders (SLE/scleroderma/ polymyositis/dermatomyositis/Sjogren's)
- Vasculitis
- Infectious arthritis

#### Symptoms

Image interpretation should not be isolated and should be performed in conjunction with available clinical data. One must differentiate the underlying etiology of joint symptoms; the major differentials include inflammatory and mechanical etiologies. Inflammatory conditions typically are worse in the morning with stiffness lasting more than 60 min and improve with movement. Mechanical and degenerative arthritides on the other hand last less than 60 min and are worse with movement. The number and symmetry of joint involvement are helpful in determining the type of arthritis.

# **Essential Imaging In Rheumatology**

**Christian G. Meyer** 

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