

Diseases and Disorders

Some diseases and disorders of the joints include:

Osteoarthritis

A non-inflammatory disease generally caused by abrasion which in turn causes wear on the joint.

Rheumatoid Arthritis

An inflammatory condition of the joints where the synovial membrane has become inflamed. It is widely viewed as being caused by the contraction of a virus.

Gout

Gout is related to diet and is the result of the deposition of uric acid at the joints. Red meat in particular is cited as being a contributor.

Osteoporosis

The degeneration of bone tissue where the bone density diminishes and becomes more brittle. It is a result of a lack of calcium.

Stress (mental)

The result of muscle tension pulling on joints excessively.