

Chronic Musculoskeletal Conditions

Over time, you may experience small “micro” injuries to the small joints of your hands and wrists. Each joint consists of two bones in contact. The joint has articular cartilage covering each bone and this is surrounded by a joint capsule or synovium. This articular cartilage has certain proteins in it that make it particularly slick. When the joint is overloaded, the body secretes synovial fluid into the joint capsule and you may experience some slight swelling of the joint.

If the joint is overloaded over a period of time, the articular cartilage can start to thin out. This is replaced by another type of cartilage, referred to as fibrous cartilage that has a different set of proteins in it making it not as efficient as the articular cartilage. This can lead up to injury to the bone and ultimately to osteoarthritis. Everyone, eventually, develops some form of osteoarthritis depending upon what joints they use the most in their life.

After a particular injury, such as a fracture or a life-long career using these joints, osteoarthritis may develop. This is why you should develop life-long habits now of using proper technique and a balanced practice schedule to help alleviate or slow down this problem.