Considering Frequency of Anserine Bursitis in Osteoarthritis Patients who Referred to Ardabil Imam Khomeini Hospital and Royan Specialists Clinic with Knee Pain

Abstract:

Background and Objective:. Knee pain is a very common disease in the elderly, which is often attributed to osteoarthritis [1]. But Anserine Bursitis also can cause knee pain, especially in OA patients. [2]. The major symptoms of knee osteoarthritis are pain, morning stiffness, limited range of motion and joint hypersensitivity [8]. The term " Anserine " is referred to the joint site of Sartorius, Grasiliss, and Semitendinios in the proximal area of the tibia. The aim of this study is to determine the frequency of Anserine Bursitis in patients with osteoarthritis, that, complain of knee pain,come to the rheumatology clinic of Imam Khomeini Hospital and the Royan clinic with using ultrasonography.

Methods: This study included patients with definitive knee osteoarthritis based on radiographic and clinical findings and were referred to Imam Khomeini Hospital clinic or Ardabil Royan Clinic with complain of knee pain then ultrasonography was done.The sample number was 245. Osteoarthritis was divided into 4 groups based on the radiographic classification of Kellgren-Lawrence. [22] The severity of knee pain was also determined by the Visual Analogue Scale (VAS). The results with demographic data (sex and age), height and weight of patients were recorded in the data collection checklists. The body mass index was calculated using the formula weight in kilograms divided by height-meter squared. Hemograms, biochemical values, and sedimentation and C-reactive protein were also determined for all patients.In this study we use Independent sample t test ,Chi-squared test and spss 22 software.

Results: 175 out of 245 patients were diagnosed with anserin bursitis, and the results showed a 71% prevalence of Anserin bursitis in patients with knee pain. The analysis showed that there is a significant relationship(Pvalue0.03) between age and the risk of anserin bursitis. There was a direct correlation between the Anserine Bursitis with BMI(P value0.01) and there was a significant relationship(Pvalue0.03) between the degree of osteoarthritis and Anserin bursitis. The results showed that the risk factors for osteoarthritis and Anserin bursitis, including obesity and the lifestyle, are very poor in our country. The high diagnostic power (about 85%) of the clinical examination was significant in Anserine Bursitis compared with ultrasonography.

Conclusion. The high prevalence of anserine bursitis in patients studied indicates the importance of this issue and the need for attention by physician as one of knee pain reasons. Since the clinical examination has a significant diagnostic power in the detection of Anserin bursitis, it is recommended that special attention be paid to the clinical examination. Attention to the risk factors in the country such as obesity, the use of toilets and so on, which can be controlled and can be prevented.

Keywords: Anserine Bursitis, Osteoarthritis, Knee pain