

## Glossary



### Abbreviations

ADL	Activities of daily living
CMC	Carpometacarpal joint
DIP	Distal interphalangeal joint
GALS	Gait, Arms, Legs, Spine
MTP	Metatarsophalangeal joints
OA	Osteoarthritis
PIP	Proximal interphalangeal joint
RA	Rheumatoid arthritis
SLE	Systemic lupus erythematosus

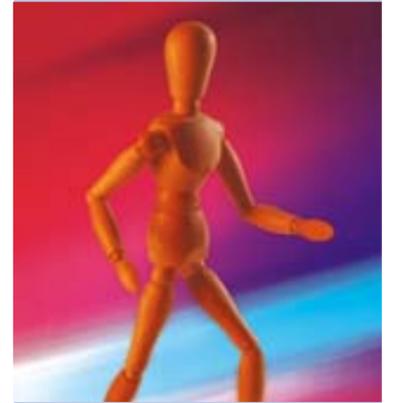
### Glossary

An asterisk by a word denotes that this word is also defined in the glossary.

#### A

abduction ab- <b>duk</b> -shun	Lateral movement away from the midline of the body.
abnormality	A condition of some aspect of the body that is outside the range of values usually seen in the population.
acetabulum <b>ah</b> -se- <b>tab</b> -yew-lum	A shallow, cup-shaped cavity on the lateral surface of the hip bone where the head of the femur attaches (the socket portion of the hip joint).
Achilles tendon ah- <b>kill</b> -eez ten-don	Tendon which connects the back of the calcaneus* to the calf of the lower leg.
acromioclavicular <b>a</b> -krow- <b>me</b> -o- <b>kla</b> - <b>vik</b> -yew-lar	The joint formed by the articulation of the acromion process* of the scapula* with the clavicle*.
acromion process <b>a</b> -krow- <b>me</b> - <b>on</b> pro-cess	A flat, triangular plate at the end of the scapula*.
activities of daily living (ADL)	The activities usually performed in the course of a normal day in a person's life, such as bathing, grooming, dressing, eating and toileting.
acute	Describing a disease of rapid onset, severe symptoms and brief duration. Also used to describe an intense symptom, e.g. acute pain is severe pain. <i>Compare</i> chronic.
adduction ad- <b>duk</b> -shun	Movement towards the midline of the body.

## Glossary



adhesion <b>ad</b> -hee-shun	Union of two normally separate surfaces, such as the moving surfaces of joints, by fibrous tissue developing in a area of inflammation or damage. (The fibrous tissue itself is also called the adhesion.)
adhesive capsulitis <b>ad</b> -he- <b>siv</b> caps- <b>yew</b> -ly-tis	Fibrous adhesion* of the glenohumeral joint capsule* resulting in frozen shoulder.
alignment change <b>al</b> - <b>ine</b> -ment	Arrangement of body structures such as bones that differs from the usual anatomical position. Osteoarthritis and rheumatoid arthritis can cause bones to shift and move, causing changes in alignment.
anatomical position	A person is in the anatomical position when they are standing erect, facing forwards, arms down by their sides and palms facing forward. This position is used as the starting point to describe anatomical terms and relationships.
ankylosis <b>an</b> -key-lo-sis	Fusion of bones across a joint space, either by bony tissue (bony ankylosis) or by shortening of fibrous tissue (fibrous ankylosis). It may occur as a complication of prolonged joint inflammation.
ankylosing spondylitis <b>an</b> -key-lo-sing <b>spon</b> -dee-li-tus	A type of arthritis that affects the backbone. It involves inflammation of the joint capsule their attached ligaments and tendons of the intervertebral and sacroiliac joints*. It results in pain and stiffness that is treated by analgesics and regular daily exercises. It can lead to severe deformities of the spine. It is a type of spondyloarthropathy*.
anserine bursa <b>an</b> -se-reen <b>bur</b> -sa	One of the knee bursae*; located on the medial aspect.
anterior <b>an</b> -tee-ri-or	Describing or relating to the front part of the body or limbs. It can also be used to describe a relative position, so if A is anterior to B, then A is in front of B.
anterior cruciate ligament <b>an</b> -tee-ri-or <b>krew</b> -she-ate <b>lig</b> -a-ment	One of the ligaments* arranged in a cross formation inside the knee joint which provides stability. Cruciate ligament damage is common in sports injuries.

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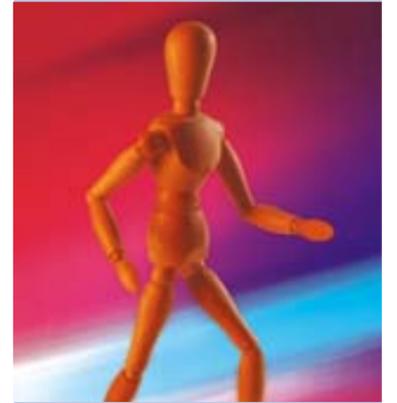


anterior longitudinal ligament <b>an-tee-ri-or long-i-tude-i-nal lig-a-ment</b>	A broad ligament* that runs along the front and side of the vertebrae* to stabilise the spinal column.
anterior superior iliac spine <b>an-tee-ri-or su-pee-ri-or ill-ee-ac spine</b>	The bony ridge of the pelvis that can be felt just below the waist on the anterior aspect of the body.
articular <b>ar-tic-yew-lar</b>	Relating to a joint or the involvement of joints.
atrophy <b>ah-tro-fee</b>	Wasting of tissue due to age, disease process, non-use or undernourishment.
autoimmune disease	A disease where the body's own immune system produces antibodies that attack the body's own tissue.

## B

Baker's cyst	A swelling behind the knee (in the popliteal fossa*) filled with synovial fluid*.
ballotte <b>ba-lot</b>	To tap or push down.
biceps <b>bi-seps</b>	The muscle of the upper arm that flexes the arm and forearm and supinates the hand. (Biceps literally means "two heads" because the muscle tendon has two heads.)
bicipital tendon <b>by-sip-i-tal ten-don</b>	The tendon which attaches the biceps muscle to the shoulder. The long head of the tendon lies in the bicipital groove* on the anterior surface of the humerus* and attaches to the glenoid fossa*; the short head attaches to the coracoid process on the scapula. This tendon provides stability to the shoulder.
bicipital groove <b>by-sip-i-tal groove</b>	A groove between the greater and lesser tubercles of the humerus* for passage of the long head of the biceps muscle.
bilaterally <b>by-lat-er-a-lee</b>	Pertaining to, affecting, or relating to both sides of the body.
bogginess	Swelling of the synovial membrane* which feels spongy or doughy upon palpation.
bone spur	A hard projection of bone, still attached but protruding from normal bone.

## Glossary



bony enlargement (bony swelling of joints)	Change or enlargement at joint due to excessive bone growth.
Bouchard's node <b>Boo-shards</b>	Bony enlargement at or near the proximal interphalangeal (PIP) joint*, usually occurring in osteoarthritis*.
Boutonnière deformity <b>Boo-ton-ee-air</b>	Flexion contracture* of the proximal interphalangeal (PIP)* and hyperextension* of the distal interphalangeal (DIP) joint*, usually occurring in rheumatoid arthritis*.
Bulge sign	This is a diagnostic test for the knee effusion. A small wave or bulge of fluid within the joint appears on the medial aspect of the knee subsequent to performing the test. A positive bulge sign confirms knee effusion.
bunion <b>bun-yon</b>	The common name for hallux valgus*.
bursa (pl bursae) <b>bur-sa (bur-see)</b>	The fibrous sac of protective tissue that forms a cushion between certain tendons* and the bones beneath them.
bursitis <b>bur-sy-tis</b>	Inflammation of a bursa* which can cause severe pain in the affected joint, particularly on movement. Arthritis is one of the causes of bursitis.

## C

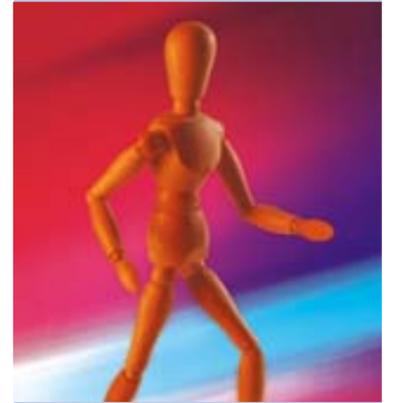
calcaneus <b>cal-cane-ee-us</b>	Heel of bone of foot, one of the seven tarsal bones*.
carpal bones <b>kar-pal</b>	The eight small bones of the wrist.
carpal tunnel <b>kar-pal</b>	A "tunnel" or space formed by the carpal bones* in the wrist and connective tissue that overlies the flexor tendons* and the median nerve*.
carpal tunnel syndrome <b>kar-pal</b>	A common painful disorder of the wrist and hand, induced by compression of the median nerve* as it passes through the carpal tunnel*.
carpometacarpal (CMC) joint <b>car-po-met-a-kar-pal</b>	The joint between the carpal bones* of the wrist and the metacarpal* of the thumb.
cartilage <b>kar-te-lij</b>	Connective tissue that covers the ends of bones that make contact with each other inside joints. Cartilage is firm and dense, and can withstand considerable pressure.

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cartilaginous joint	Joints where the articular surfaces of the bones are attached to each other by fibrocartilaginous discs. This type of joint is only partly moveable. Examples are the joints between the vertebrae of the spine.
cauda eqina <b>cor-da ee-quine-ah</b>	A bundle of nerve roots containing the lumbar, sacral and coccygeal nerves that descend vertically from the spinal cord inside the vertebrae* until they reach their respective openings in the vertebral column.
cervical ser- <b>vi</b> -kul	Relating to the neck.
cervical rotation ser- <b>vi</b> -kul	To turn the head 60°– 80° to either side.
cervicle spine ser- <b>vi</b> -cle	The portion of the spine in the neck.
cervicle vertebrae ser- <b>vi</b> -cle <b>ver-te</b> -bray	The vertebrae in the neck.
chronic	Describing a disease of long duration involving very slow changes. Such diseases often show a gradual onset. The term does not imply anything about the severity of the disease.
clavicle <b>klav-i-kl</b>	The collarbone.
coccyx <b>cox-icks</b>	Triangular shaped bone formed from the fusion of four rudimentary vertebrae*. It articulates with the sacrum* and is the lowermost point of the spine.
collateral ligaments <b>kol-lat-er-ral lig-a-ments</b>	Stabilising ligaments* located on the medial and lateral aspects of the knee.
connective tissue kon- <b>ek-tiv tish</b> -yew	Tissue that supports or binds other body tissue and parts.
contracture kon- <b>track</b> -ture	Fibrosis or thickening of muscle or connective tissue producing shortening and thus deformity of a joint.
coracoid process coh- <b>rack</b> -oid	Bony projection of the scapula* located on the anterior distal edge of the clavicle*.

## Glossary



crepitus <b>krep-i-tuss</b>	The audible or palpable grating sensation caused by roughened surfaces within a joint rubbing against each other. Crepitus can be present in normal joints, but severe crepitus is usually indicative of chronic joint degeneration.
crepitation krep-i- <b>tay</b> -shun	Same as crepitus.
cruciate ligaments <b>krew-she-ate lig-a-ments</b>	Two of the ligaments of the knee that connect the femur* and the tibia* bones. The anterior cruciate (which resists hyperextension of the knee) passes in front of the posterior cruciate (which resists hyperflexion of the joint) forming a cross (cruciate) pattern within the joint.

## D

deformity	A joint deformity refers to misalignment of two bones that move against each other in a joint. Bone deformity is the abnormal shape of a bone or bones.
deltoid muscle <b>del-toid</b>	The large, thick, triangular muscle that covers the shoulder joint.
de Quervain's tenosynovitis de <b>Ker</b> -vane-z <b>tee-no-sy-no-vi-tus</b>	Tenosynovitis* of the tendon sheath* of the extensor and flexor muscles of the hand at the radial syloid. A cause of wrist pain.
Dimples of Venus	The two dimples on the posterior surface of the body at the level of the sacral spine.
discs	Rounded flattened structures. The discs of the spine are the intervertebral discs.
dislocation	The complete displacement of a bone from its normal position within a joint.
distal <b>dis-tul</b>	Farthest from the centre, from the midline of the body, or from the trunk; opposite of proximal.
distal interphalangeal joint (DIP) <b>dis-tul in-ter-fa-lan-gee-al</b>	The joint located between the distal phalanx* and the middle phalanx* bones of the finger.
distribution (of a nerve)	The area served by a nerve. A motor nerve will send messages to the areas of the body in which it is distributed. A sensory nerve will receive messages from the area of the body in which it is distributed.

## Glossary



dorsal <b>dor-sul</b>	Pertaining to the back; opposite of ventral.
dorsiflexion <b>dor-si-flex-shun</b>	Range of motion at the ankle bringing the foot upwards towards the shin. The opposite of plantar flexion*.
drawer sign	A diagnostic test for knee ligament stability.
Dupuytren's contracture	Forward curvature of the fingers (usually the ring and little finger) caused by contracture of the fascia* in the palm and fingers.

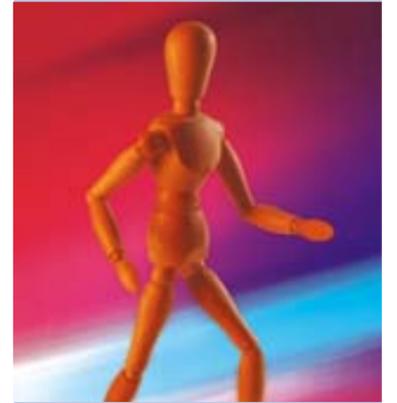
## E

effusion ee- <b>fyew</b> -shun	Increased fluid in a joint cavity.
elevation	To lift up.
enteropathic arthritis <b>en-ter-o-pa-thick are-thry-tis</b>	A type of arthritis associated with diseases of the gut such as ulcerative colitis or Crohn's disease. The arthritis usually starts after the onset of gut disease and attacks of arthritis are associated with flares of bowel disease. It is a type of spondyloarthritis.
enthesi <b>en-thee-sis</b>	The junction of a tendon and a bone.
epicondyles eh-pee- <b>con</b> -dials	Bony prominences found on the medial and lateral aspects of the humerus* at the distal (elbow) end.
eversion ee- <b>ver</b> -shun	Turning the foot outward, away from the midline. Opposite of inversion*.
extension ex- <b>ten</b> -shun	Movement of joint that brings the members of a limb into or towards a straight position; opposite of flexion*.
extensor tendons ex- <b>ten</b> -sore ten- <b>dons</b>	Tendons* of the muscles of the hand that cause straightening of the fingers.
extra-articular <b>ex-tra-ar-tic</b> -yew-lar	Outside a joint.

## F

fascia <b>fash</b> -ee-ah	Connective tissue forming membranous layers of variable thickness in all regions of the body.
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## Glossary



femoral nerve <b>fem</b> -o-ral	The nerve that supplies the quadriceps muscles at the front of the thigh and receives sensation from the front and inner sides of the thigh.
femur <b>fe</b> -mer	The thigh bone.
fibromyalgia <b>fi</b> -bro-my- <b>al</b> -gee-ah	A form of nonarticular inflammatory disease characterized by chronic pain in muscles and soft tissue surrounding the joints, stiffness, fatigue and poor sleep. Common signs of pain or stiffness are the lower back, neck, shoulder region, arms, hands, knees, hips, thighs, legs and feet.
fibula <b>fib</b> -yew-lah	The smaller bone of the lower leg, lateral side.
findings	Abnormalities found on clinical examination of a patient. Common findings with arthritis are heat, redness, swelling, ligament changes, bony enlargements, tenderness, crepitation and limitation of motion.
fixed flexion deformity	The inability to fully flex a joint.
fixed extension deformity	The inability to fully extend a joint.
flares	A period when a disease is active.
flexion <b>flek</b> -shun	Movement of a joint that bends it, and decreases the angle between the bones forming the joint.
flexion contracture <b>flek</b> -shun <b>con</b> -track-tew-er	A contracture occurs when there is thickening or scarring of connective tissue caused by inflammation. It results in joint deformity. A flexion contracture will hold the joint in an abnormally flexed position.
flexor tendon <b>flex</b> -or <b>ten</b> -dun	Tendons that pass across the wrist and hand and attach to the fingers to flex the fingers.
foramina (singular foramen) for- <b>a</b> -min-ah (for- <b>a</b> -men)	Opening or hole, particularly in a bone fossa.
fossa <b>foss</b> -ah	Depression or cavity (Literally, Latin for a ditch.)
frozen shoulder	See: adhesive capsulitis.
full examination	The thorough musculoskeletal examination that is performed once a healthcare professional suspects a musculoskeletal condition*.

## Glossary



full joint examination	The detailed examination of a joint conducted to diagnose a musculoskeletal disorder*.
fusion	In terms of joints, fusion means that the joint is unable to move, either due to disease processes or following surgery.

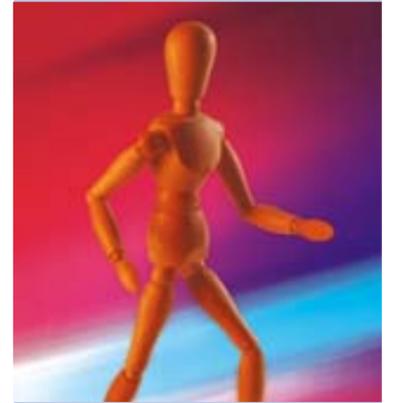
## G

gait	The manner and style of walking, including rhythm and speed.
GALS	The acronym for the screening examination: it comes from the words gait, arms, legs, spine.
glenohumeral glee-no- <b>hue</b> -mer-ul	The joint between the humerus* and the glenoid cavity* of the shoulder.
glenohumeral joint capsule glee-no- <b>hue</b> -mer-ul	The capsule surrounding the glenohumeral joint*.
glenoid cavity (or fossa) <b>glen</b> -oid	The socket of the scapula* that receives the head of the humerus*.
greater trochanter tro- <b>can</b> -tur	A process on the lateral aspect of the upper end of the femur*.

## H

hallux valgus <b>hah</b> -lux <b>val</b> -gus	Commonly known as a bunion, this foot finding is characterised by medial displacement of the 1st metatarsal* and the simultaneous deviation of the 1st phalanx* of the big toe.
Heberden's nodes <b>He</b> -ber-dens	Bony enlargement at or near a distal interphalangeal* (DIP) joint, usually occurring in osteoarthritis*.
history taking	The conversation between a healthcare professional and the patient whereby the professional builds up a complete picture of the patient's problems, concerns, previous disease experience and relevant family health background.
humerus <b>hue</b> -mer-us	The bone of the upper arm which articulates with the shoulder at one end and the elbow at the other.
hyperextension <b>hi</b> -per-ex- <b>ten</b> -shun	Extreme or abnormal extension.
hypermobility <b>hi</b> -per-mo- <b>bil</b> -i-tee	Looseness of a joint that results in an ability to extend a joint beyond the normal range of motion.

## Glossary



hypothenar eminence <b>hi</b> -po- <b>thee</b> -nar	The bulge of muscle in the palm of the hand at the base of the little finger.
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## I

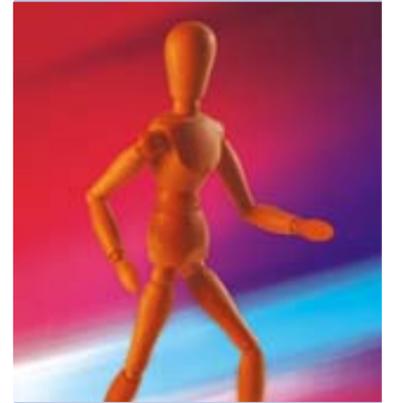
iliac crest <b>ill</b> -ee-ack	Ridge of bone that forms the upper curved portion of the hip bone.
impingement (shoulder) im- <b>pinj</b> -ment	When the arm is raised, the rotator cuff* may impinge (press upon), squeeze or force up against the undersurface of the acromion process* and supportive ligaments*. With repeated impingement the rotator cuff can become painful, inflamed, haemorrhage or tear.
inferior	Towards the lower part of the body, beneath or lower than; opposite of superior*.
inflammation	The protective response of tissues of the body to irritation, infection or injury. Inflammation may be acute or chronic. It is characterized by redness, heat, swelling, pain and loss of function.
infrapatellar bursa <b>in</b> -fra- <b>pah</b> -tel-ar	Bursa* located below the patella (knee cap).
infraspinatus <b>in</b> -fra- <b>spin</b> -ate-us	Posterior shoulder muscle.
internal rotation	The turning of a limb inwardly or towards the midline of the body, e.g. a leg is inwardly rotated when the foot and toes are turned in towards the midline.
intervertebral discs	The discs between the vertebrae* of the spine. They consist of a tough fibrous membrane enclosing a jelly-like substance. They cushion the movement of the spinal column and protect the brain and spinal cord from impact such as produced by running.
intrinsic muscles	Muscles that are contained entirely within an organ. For example the intrinsic muscles of the hand located between the metacarpals*.
inversion (foot) in- <b>ver</b> -shun	Turning the foot inward towards the midline; opposite of eversion*.
interphalangeal joints <b>in</b> -ter-fal- <b>lan</b> -je-al	The joints between the bones of the fingers or toes.
intra-articular <b>in</b> -tra- <b>ar</b> -tic- <b>yew</b> -lar	Within a joint.

## Glossary



-itis <b>eye-tis</b>	Greek suffix meaning inflammation.
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<b>J</b>	
joint space	The synovial fluid*-filled area between and around the heads of articulating bones of a joint, enclosed by a synovial membrane*.
joint examination	The inspection of the appearance and functioning of the joints.
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<b>K</b>	
knee cap	Common name for the patella.
kyphosis kai- <b>fo</b> -sis	Abnormally increased convexity of the thoracic spine as viewed from the side (“hunch back”).
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<b>L</b>	
lateral	Away from the midline of the body.
lateral collateral ligament	The collateral ligaments are at the side of the knee joint. The lateral ligament is on the lateral aspect of the knee or the “outside”. The medial collateral ligament is on the “inside” of the knee.
lateral deviation	A deformity that causes a bone to be positioned or bent further away from the midline than normal.
lateral malleoli (singular malleolus) <b>lat</b> -er-al <b>mall</b> -ee-oh-lee ( <b>mall</b> -ee-oh-lus)	The malleoli are the widest projections of the bone at either side of the ankle. The lateral malleolus is at the lower end of the fibula; the medial malleolus is at the lower end of the tibia.
lesser trochanter tro- <b>can</b> -ter	A small conical process on the posterior aspect of the femur*.
ligament <b>lig</b> -a-ment	A band or sheet of fibrous tissue that attaches to and binds the ends of bones together to form and support joints. The ligaments facilitate or limit motion of the bones that have been bound together.
lordosis lore- <b>do</b> -sis	Forward curvature of the lumbar spine.
lumbar	The part of spine in the lower back between the chest and pelvis.

## Glossary



lumbar vertebrae	The vertebrae in the lumbar region of the spine.
luxation luck- <b>sa</b> -shun	Dislocation.
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<b>M</b>	
malleolus ( <i>pl</i> malleoli) mal-lee- <b>oh</b> -lus ( <b>mall</b> -ee-oh-lee)	Rounded protuberances on the end of the tibia and fibula that form the ankle joint.
malaise	A general feeling of being unwell that may be accompanied by physical discomfort and is often a sign of disease.
management plan	The plan of treatment (medication, physiotherapy etc) and tests devised for an individual patient to try to ameliorate their condition or cure it where possible.
medial	Towards the midline of the body.
medial collateral ligament	The collateral ligaments are at the side of the knee joint. The lateral ligament is on the lateral aspect of the knee or the “outside”. The medial collateral ligament is on the “inside” of the knee.
medial displacement	Displacement of a bone or joint towards the midline of the body.
medial malleoli <b>me</b> -dee-al <b>mall</b> -ee-oh-lee	The malleoli are the widest projections of the bone at either side of the ankle. The medial malleolus is at the lower end of the tibia; the lateral malleolus is at the lower end of the fibula.
median nerve <b>mee</b> -de-an	The nerve that supplies the various muscles and skin of the forearm and hand.
metacarpophalangeal joints met-a- <b>kar</b> -po-fa- <b>lan</b> -gee-al	The joints between the distal ends of the metacarpals* of the hand and the phalanges* of the fingers.
metacarpal bones met-a- <b>kar</b> -pal	The five slender bones that comprise the middle portion or the palm of the hand.
metatarsophalangeal joints (MTP) <b>met</b> -a- <b>tar</b> -so-fa- <b>lan</b> -gee-al	The joint between the distal ends of the metatarsal bones of the foot and the phalanges of the toes.
metatarsals meta- <b>tar</b> -sals	The five long slender bones that form the foot between the ankle and toes.

## Glossary



midline	An imaginary line that divides the body into left and right.
muscle	The tissue of the body that produces movement. Muscle is composed of microscopic fibres that are able to contract, which causes and allows the movements of parts of the body. One type of muscle, skeletal muscle, is attached to bones, via tendons*, and produces movement of the bones.
muscle wasting	Deterioration of the muscle tissue resulting in loss of strength, size and/or function.
medical joint examination	The examination of the joints of the body.
musculoskeletal conditions (or problems) <b>mus-q-lo-skel-ee-tal</b>	Conditions affecting the musculoskeletal system.
musculoskeletal system <b>mus-q-lo-skel-ee-tal</b>	All the bones of the body that comprise the skeleton, including the joints, and the muscles attached to these bones that cause movement.

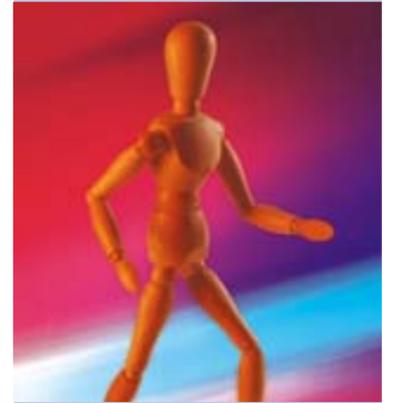
## N

nodule <b>nod-yewl</b>	A small rounded knotty lump, which may be, but is not necessarily, associated with rheumatoid arthritis.
non-articular <b>non-ar-tic-yew-lar</b>	Not relating to a joint or movement of a joint.

## O

olecranon bursa <b>o-leck-ra-non</b>	The bursa* overlying the olecranon process*.
olecranon process	The large process of the ulna* that projects behind the elbow joint.
osteoarthritis (OA) <b>os-tee-oh-ar-thry-tis</b>	A type of arthritis in which there is localised progressive cartilage deterioration in synovial joints* or vertebrae*.

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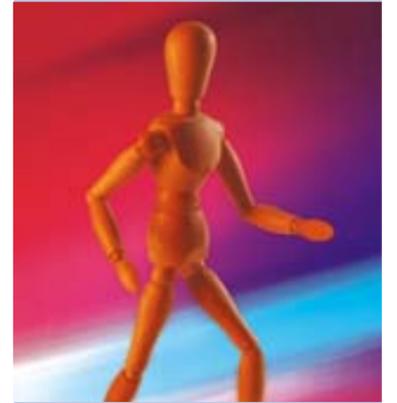
<b>P</b>	
palmar fascia <b>pal-mar fash-ee-ah</b>	Sheath of fibrous tissue covering palm of hand and overlying metacarpal bones.
palpation <b>pal-pa-shun</b>	Technique used in physical examination where the hand and/or fingers are used to feel the texture, size, consistency and location of the body part being examined.
parasthesiae <b>paras-the-zee-ee</b>	Tingling or “pins and needles”.
patella <b>pa-tell-ah</b>	The kneecap.
periarticular <b>peri-ar-tic-u-lar</b>	Around the joint.
phalanges <b>fa-lan-gees</b>	The small bones that comprise the fingers and toes. Plural of phalanx.
phalanx <b>fal-anx</b>	A bone of the finger or toe.
piano key sign	Upon palpation, the ulnar styloid depresses ventrally, then bounces back when released. Reflects instability of the wrist.
plantar fasciitis <b>plan-tar fash-ee-i-tis</b>	Inflammation of the fascia in the sole of the foot at the point where it joins the calcaneus* causing pain and localised tenderness of the heel.
plantar flexion <b>plan-tar flex-shun</b>	Moving the top of the foot away from the shin, commonly called pointing your toes. Opposite of dorsiflexion*.
polymyalgia rheumatica <b>poly-my-al-gee-ah rew-ma-ti-ca</b>	A rheumatic disease causing aching and progressive stiffness of the muscles of the shoulders and hips.
polymyositis <b>poly-my-o-sy-tis</b>	A generalised disease of muscles that may be acute* or chronic*. It particularly affects the muscles of the shoulder and hip girdles which become weak and tender to the touch.
popliteal cyst <b>pop-li-tee-al sis-t</b>	A cyst in the popliteal fossa*.
popliteal fossa <b>pop-li-tee-al fos-ah</b>	The hollow space at the back of the knee.

## Glossary



posterior	Situated at or near the back of the body. If region A is posterior to region B, it is behind region B.
posterior cruciate ligament <b>pos-tee-ri-or krew-she-ate lig-a-ment</b>	One of the ligaments* arranged in a cross formation inside the knee joint which provides stability. Cruciate ligament damage is common in sports injuries.
posterior longitudinal ligament <b>pos-tee-ri-or long-i-tude-i-nal lig-a-ment</b>	A broad strong ligament running down the posterior surface of the spine. It provides stability to the spinal column.
predisposing risk factors	Aspects of an individual that make them more likely to suffer a particular condition. These include genetic factors, environmental exposures and previous illness.
prepatellar bursa <b>pre-pa-tel-ah bur-sa</b>	A bursa* located above the patella or kneecap.
process	A protrusion of bone.
prolapsed intervertebral disc	An intervertebral* disc that has developed a weakness in the outer fibrous envelope such that the gelatinous centre is squeezed out to form a protrusion which may press on a nerve.
pronation <b>pro-nay-shun</b>	The act of turning the hand so that the palm faces downwards. In this position the bones of the forearm are crossed.
prone	A person lying down on his face is in the prone position with the palms of the hands facing down and thumbs out.
proximal	Situated close to the origin or point of attachment or close to the median line of the body. Opposite of distal*.
proximal interphalangeal joint (PIP) <b>prox-i-mal in-ter-fa-lan-gee-al joint</b>	The joint between the phalanges (bones of the fingers or toes) nearest to the hand or foot.
psoriatic arthritis <b>sory-at-ick ar-thry-tis</b>	Arthritis associated with psoriasis, a chronic skin condition. It often affects small joints such as the terminal joints of the fingers or toes or the spine and sacroiliac joints.

## Glossary



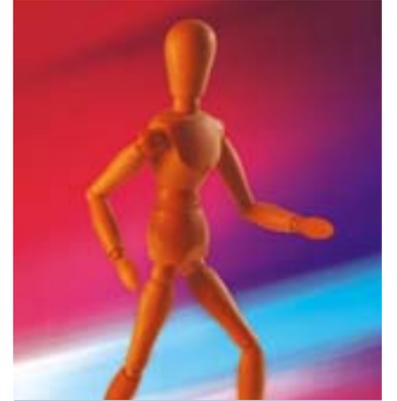
<b>Q</b>	
quadriceps	Large muscle located superior to the knee on the lateral aspect of the femur. The primary extensor of the knee joint.
<b>R</b>	
radial styloid <b>ray-dee-al sty-loid</b>	Protrusion on the radius at the wrist end of the bone.
radius <b>ray-dee-us</b>	The outer (thumb side) bone of the forearm.
referred pain	Pain that is felt in one part of the body although the origin of the pain is actually in a different area.
remission	A period during the natural course of a disease when the condition is not active and symptoms decrease or disappear.
rheumatic conditions <b>roo-ma-tic</b>	Conditions affecting joints and surrounding tissues.
rheumatoid arthritis <b>roo-ma-toid ar-thry-tis</b>	The second most common type of arthritis. Typically involving the joints of the fingers, wrist, feet and ankles with later involvement of hips, knees, shoulders and neck. An autoinflammatory condition it is usually bilateral.
rheumatoid nodules	A swelling on a tendon associated with rheumatoid arthritis. Often seen on the back of the hand or elbow.
rotation	Turning.
rotator cuff	A musculo-tendon structure that encircles and gives strength and support to the shoulder joint. It is formed by the tendons of the supraspinatus, infraspinatus and teres minor and subscapularis muscles.
<b>S</b>	
sacral vertebrae <b>say-cral ver-te-bray</b>	The five vertebrae* that form the sacrum.
sacroiliac joint <b>say-cro-ill-ee-ac</b>	The articular joint between the sacrum and the ilium, a bone of the hip.
sacroiliitis <b>sa-kro-il-e-it-s</b>	inflammation of the sacroiliac joints that can result in fusion of the joints

## Glossary



sacrum <b>say-crum</b>	Triangular shaped bone located beneath the 5th lumbar vertebra; formed by the fusion of five vertebrae* it forms the lower part of the spine which articulates with the coccyx.
scapula <b>scap-yew-la</b>	The shoulder blade.
sciatica <b>sy-at-i-ka</b>	Pain felt down the back and outer side of the thigh, leg and foot. Usually caused by degeneration of an intervertebral disc causing compression of a lower lumbar or upper sacral spinal nerve root.
sciatic nerve <b>sy-at-ick</b>	The major nerve of the leg that runs from the lower end of the spine down behind the thigh. Above the knee it divides into two main branches that supply the lower leg.
scoliosis <b>sko-li-o-sis</b>	A lateral curvature of the spinal column.
screening history	The initial conversation between a patient and healthcare professional that establishes the patient's previous experiences relating to his or her current problem.
screening examination (screening assessment)	The initial examination of patients to determine whether they have a musculo-skeletal problem. See GALS.
skeletal system	The bones and joints that form the framework of the body.
spasm	Sustained involuntary contraction of a muscle or muscles. It may occur as a part of a generalised disorder or as a local response to an otherwise unconnected painful condition.
spinal cord	The part of the central nervous system that is enclosed in the vertebral column. It consists of nerve cells and bundles of nerves that connect all parts of the body with the brain.
spinal nerves	The 31 pairs of nerves that leave the spinal cord and are distributed to the body passing out from the vertebral canal through the spaces between the arches of the vertebrae.

## Glossary



spinous process	A part of the vertebra the projects posteriorly; it is an attachment point for muscles.
spondyloarthropathy <b>spon-dyl-o-arth-ro-path-ee</b>	The spondyloarthropathies are a family of related disorders that includes ankylosing spondylitis*, Reiter syndrome, reactive arthritis, psoriatic arthritis*, spondyloarthropathy associated with inflammatory bowel disease (or enteropathic arthritis*), and undifferentiated spondyloarthropathy*. The spondyloarthropathies are chronic inflammatory diseases involving the sacroiliac joints, axial skeleton, and, to a lesser degree, peripheral joints and certain extra articular* organs, including the eyes, skin, and cardiovascular system. The cause is unknown but involves the interaction of genetic and environmental factors.
squaring of the hands	A change in the palms of the hands associated with osteoarthritis* of the thumb base enlarging the carpometacarpal* joint that produces a square appearance.
styloid <b>sty-loid</b>	Projections of the bone at the lower end of the radius* and ulna*.
sub-	Prefix meaning below, under or beneath.
subdeltoid bursa <b>sub-del-toid</b>	A bursa* located beneath the deltoid muscle on the lateral portion of the shoulder.
subluxation <b>sub-lux-a-shun</b>	A partial or incomplete dislocation of bones within a joint.
subscapularis muscle <b>sub-scap-you-lar-is</b>	A muscle located beneath or on the anterior portion of the scapula and aiding in arm movement.
subtalar joint <b>sub-tay-lar</b>	The joint between the talus* and the calcaneus* bones.
superior	Towards the upper part of the body, above, or higher than; opposite of inferior*.
supination <b>soo-pi-nay-shun</b>	The act of turning the hand so that the palms are uppermost.

## Glossary

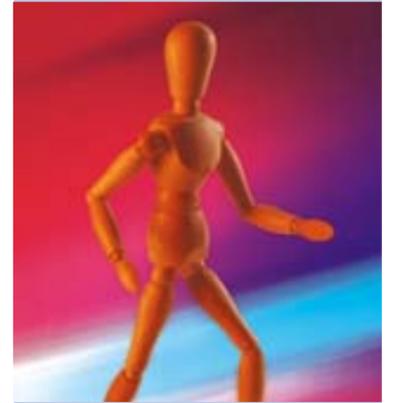


supine <b>soo</b> -pine	Somebody lying on his back with the palms of their hands facing up and thumbs out is in the supine position.
supra-	A prefix meaning over, above, on top of.
supraspinatus muscle soup-ra- <b>spine</b> -ate-us	A muscle that originates above the spinal ridge of the scapula and which inserts at the greater tuberosity of the humerus. It abducts the arm.
swan neck deformity	Deformity of the hand causing flexion at the DIP joint and hyperextension of the PIP joint.
syndesmophytes syn- <b>des</b> -mo-rphytes	Boney outgrowths that result in ankylosis of the spine in ankylosing spondylitis
synovial fluid sy- <b>no</b> -vee-al	A lubricant fluid secreted by synovial joints.
synovial joint sy- <b>no</b> -vee-al	A freely moveable joint. The ends of the adjoining bones are covered with a cartilaginous sheet and the bones are linked by a capsule lined by a synovial membrane.
synovial membrane sy- <b>no</b> -vee-al	Membrane lining a synovial joint that secretes synovial fluid.
synovitis sy- <b>no</b> -vy-tis	Inflammation of the synovial membrane.
systemic disease	A condition that affects the body as a whole rather than just a specific part or organ.
systemic lupus erythmatosus (SLE) <b>sis</b> -te-mic <b>loo</b> -pus <b>eh</b> -ri-th-ma-to-sus	A chronic inflammatory disease of connective tissue affecting the skin and various internal organs. Typically there is a red scaly rash on the face, arthritis and progressive kidney damage.

## T

taking a history	The conversation between a healthcare professional and the patient in which the patient's current problems and past medical history are established.
talus <b>tay</b> -lus	The ankle bone. It forms part of the tarsus articulating with the tibia* above, with the fibula* to the lateral (outer) side, and with the calcaneus* below.

## Glossary



tarsals (tarsal bones) <b>tar</b> -sals	The seven bones that form the heel and midfoot.
tarsometatarsal joints <b>tar</b> -so-met- <b>a</b> -tar-sal	The joints between the tarsal and metatarsal joints.
tarsus	A term that is used to describe the whole of the seven tarsal bones.
temporomandibular joints tem-por-oh-man- <b>dib</b> -yew-lar	The joint formed by the condyle of the mandible (lower jaw bone) with the temporal bones of the skull.
tendinitis ten- <b>din</b> -eye-tis	Inflammation of a tendon.
tendinosis ten- <b>din</b> -oh-sis	Degenerative conditions of tendons. Most commonly occurs in the patellar tendon.
tendon	A tough whitish cord that attaches a muscle to a bone.
tendon sheath	Tubular double-layered sacs lined with synovial membrane* and containing synovial fluid*. Tendon sheaths enclose the flexor tendons at the wrist and ankle where they minimise friction.
tenosynovitis <b>tee</b> -no-sy-no-vi-tus	Inflammation of tendon sheath. Usually producing pain, swelling and an audible creaking on movement.
teres minor <b>teh</b> -rez	Muscle located on the inferior, posterior portion of the scapula which aids in arm movement.
thenar eminence <b>thee</b> -nar	The fleshy part of the palm of the hand at the base of the thumb.
thoracic	Relating to the chest region.
thoracic vertebrae	The vertebrae in the thoracic region of the spinal column.
tibia <b>tih</b> -bee-ah	Larger bone of the lower leg (shin bone).
triceps <b>tri</b> -ceps	Muscle located on the posterior aspects of the upper arm.
trochanter tro- <b>can</b> -ter	Greater trochanter – broad flat process on the upper lateral aspect of the femur; Lesser trochanter – smaller conical process on posterior aspect of the femur.

## Glossary



trochanteric bursa tro-can- <b>tair</b> -ick	A bursa* located on the lateral aspect of the thigh over the greater trochanter*.
tuberosity tew-ber- <b>ro</b> -si-tee	A raised rounded bony process.
tuck sign	Movement of a swollen extensor tendon when the fingers are actively extended.

## U

ulna <b>ul</b> -nah	Medial bone of the forearm (on the little finger side).
ulnar deviation <b>ul</b> -nar	Displacement of the fingers towards the ulnar side of the arm, caused by swelling in the MCPs which causes displacement of the extensor tendons*.
ulnar nerve	One of the major nerves of the arm. It originates in the neck and runs down the inner side of the upper arm and behind the elbow. Trauma to the nerve at the elbow causes intense pain in the fingers.
ulnar styloid <b>ul</b> -nar <b>sty</b> -loid	The enlarged distal end of the ulna.
undifferentiated spondyloarthropathy	One of the spondyloarthropathies*. Undifferentiated means that the disease cannot be placed in a definite category as to the type of spondyloarthropathy.

## Glossary

## V

valgus <b>val</b> -gus	Deviation of the extremity below a joint away from the midline. Most commonly used to describe knock knees or clubfoot.
valgus angulation	Knock knees.
varus <b>var</b> -us	Deviation of an extremity below a joint towards the midline. Most commonly used to describe bow legs or clubfoot.
varus angulation	Bow legs
ventral <b>ven</b> -tral	Relating to the front of the body or the front of an organ. Opposite of dorsal.
vertebra (pl vertebrae) <b>ver</b> -te-bra ( <b>ver</b> -te-bray)	The 33 bones of the vertebral column.
volar <b>vo</b> -lar	Relating to the palm of the hand or sole of the foot.
volar subluxation <b>vo</b> -lar <b>sub</b> -lux- <b>a</b> -shun	Displacement of a joint towards the palm of the hand or sole of the foot.

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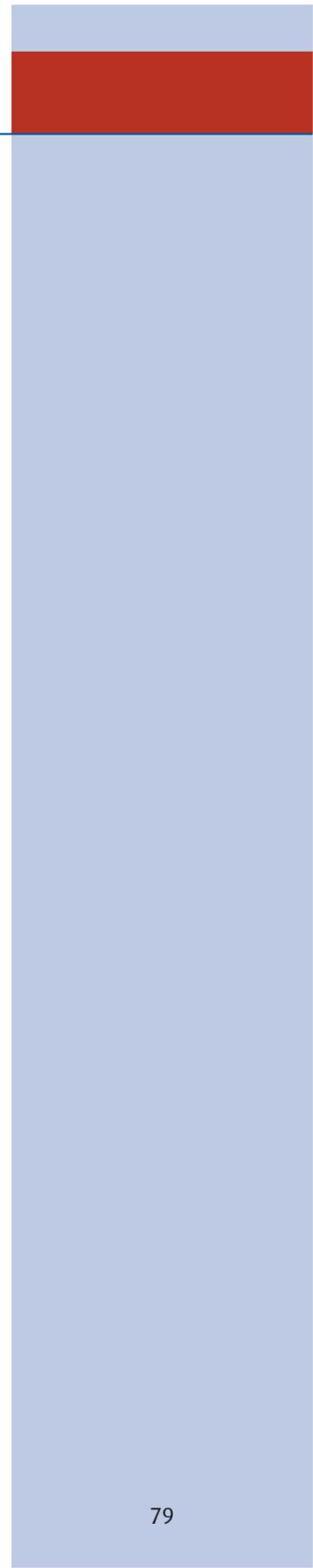
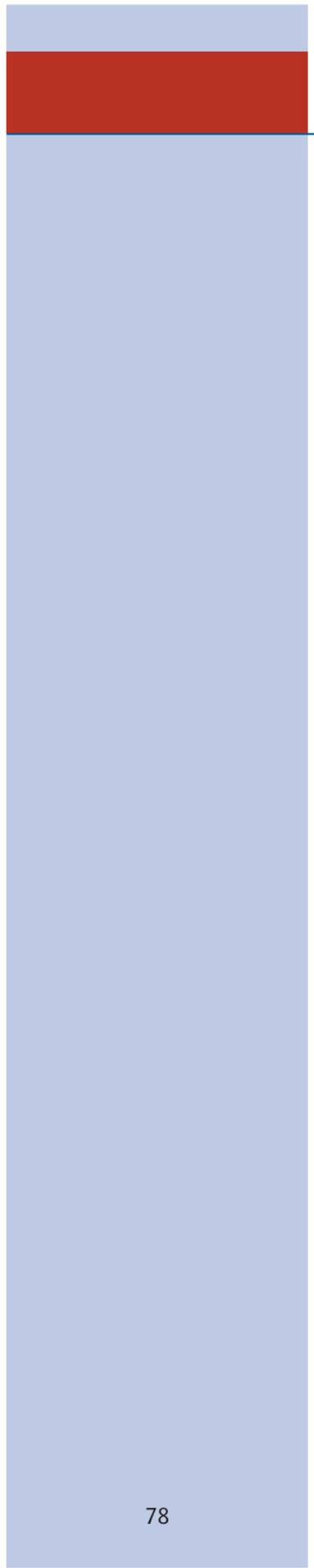
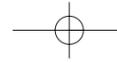
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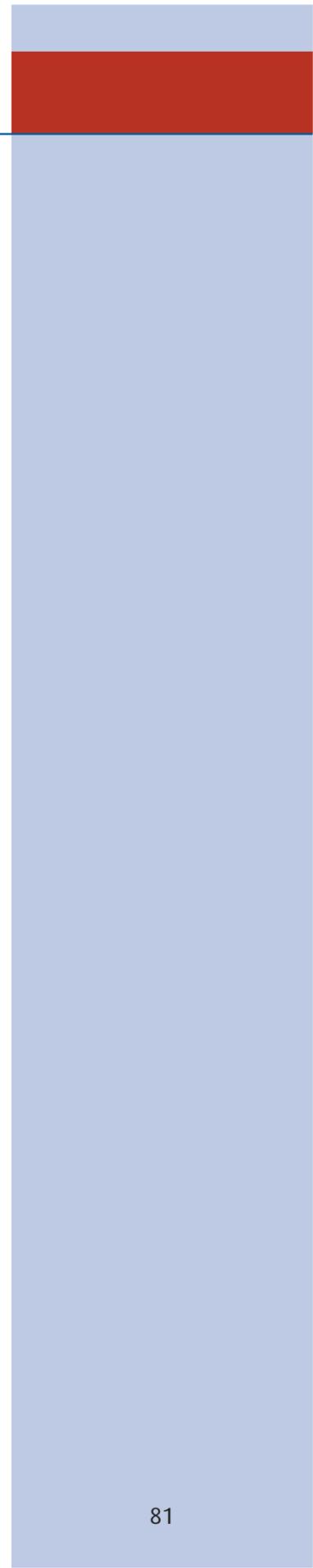
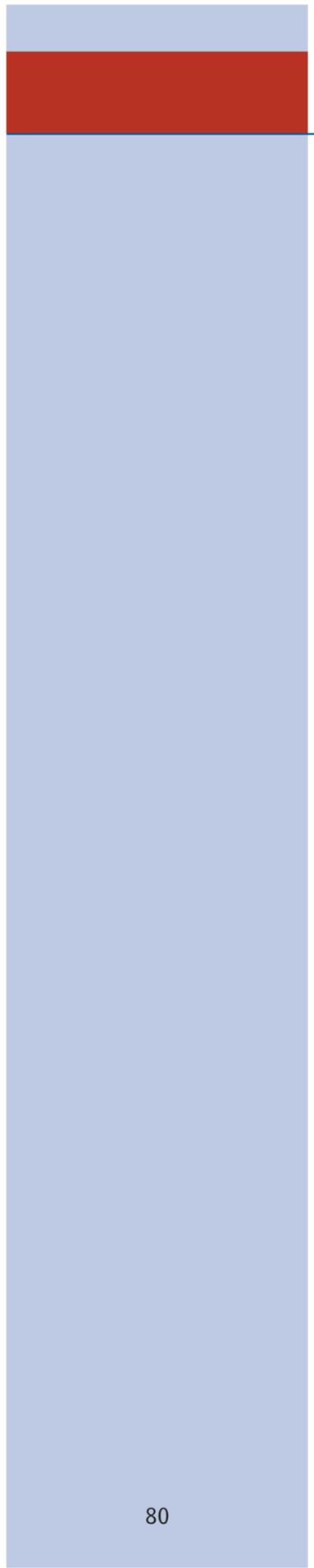
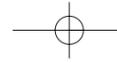
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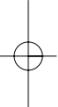
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