

## SYMPTOMS AND CLINICAL SIGNS IN PRIMARY OSTEOARTHRITIS IN MEN

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**Background.** Primary Osteoarthritis (OA) is a degenerative joint disease involving the cartilage and many of its surrounding tissues. Disease progression is usually slow but can ultimately lead to joint failure with pain and disability, pain and stiffness is sign of osteoarthritis disease **Objective of the study.** The presentation of the clinical signs that associated with primary osteoarthritis and the risk factors that treated by nonpharmacological treatment **Material and Methods.** clinical and paraclinical data taken from the medical databases , joint radiography, Complete blood count , body mass index **Results.** Men before age 45 year have a high risk for primary osteoarthritis manly a men develop in spine and knee joint , mostly of the man patient can develop hand osteoarthritis at age 65 more especially in distal interphalangeal joint. On radiography images for primay osteoarthritis stage 1, also stage 2 mild. On the complete blood count normal range is found, sign pain at exercise and improve with rest and stiffnes for less than 20 min and crepitation, most important risk factor to develop primary osteoarthritis in men is obesity so body mass index is 26 or more have, weight loss and diet modification and hydrotherapy choice for treatment. **Conclusion.** Spine and knee osteoarthritis in men develop mostly at age before 45 year, and hand joint at age 65 year, Nonpharmacologic therapy for the man with osteoarthritis such as weight loss and hydrotherapy can improve his condition and decrease the pain.

**Keywords:** Primary osteoarthritis, men, obese, hydrotherapy, lifestyles.