



Source of Multiple Joint Aches of a Non-Mechanical Nature

There are a number of things that can cause pain all over the body and mimic fibromyalgia and other problems. Many times people are referred for orthopedic care for joint pain that is not due to any mechanical problem in the joint.

The linings of joints have cells that produce fluid called synovial cells. They also produce factors that generate pain and inflammation.

The following is a list of potential sources of pain of a non-mechanical or non-orthopedic nature that should be investigated if one is having joint pains without any injury, obvious osteoarthritis or other mechanical problems in the joint:

- Rheumatic conditions such as rheumatoid arthritis or lupus. These can be investigated by rheumatologists and some internal medicine physicians will work this up.
- Joint synovitis related to inflammatory bowel diseases. Ulcerative colitis, irritable bowel syndromes, and Crohn's disease have associated joint pains that can range from inflammation of the joint to destructive changes in the joint. Gastroenterologists can help diagnosis this.
- Food allergies. Sensitivities to food such as celiac disease, which is a gluten intolerance or to foods such as nuts, chocolate, dairy, wheat, tomatoes, or others can cause joint inflammation without actually causing allergic reactions such as rash or throat swelling. An allergist and a nutritionist can help with diagnosis of this through elimination diets and testing to different allergens. One might start by eliminating the food one craves.
- Crystalline diseases such as gout and pseudo gout can cause joint pain and can be diagnosed by primary care, internal medicine or a rheumatologist. This consists of a high uric acid level due to missing an enzyme in the metabolic pathway of uric acid and purines.