



# ÇOCUKLUK ÇAĞINDA GÖZLENEN DİZ EKLEMİ RAHATSIZLIKLARI

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### GİRİŞ

Çocuk hastalarda ayrıntılı anamnez ve fizik muayene, diz ağrısının nedenini bulmak ve uygun tedaviyi düzenlemek için bize rehberlik eder. Ağrı ne zaman başladı, akut mu, kronik mi, eşlik eden travma, şişlik var mı, ağrıyı artıran ve azaltan nedenler, ağrının istirahat ve hareketle olan ilişkisi, ağrının ağrı kesicilere olan yanıtı, gece terlemesi, ateş, kilo kaybı gibi durumlar sorgulanmalıdır. Bu edinilen bilgiler neticesinde ağrının mekanik veya enflamatuar karakterde olup olmadığı ayırt edilmelidir. Eklemlerde şişlik, sabah tutukluğu, gece ağrısı enflamatuar ağrıda sık gözlenmektedir. Enflamatuar ağrıyı saptamak için kırmızı bayrak işaretleri kullanılabilir (Tablo 1) (1, 2). Mekanik ağrı ise genel olarak aktivite ile artar, istirahat ile azalır. Anamnezde eşlik eden travma, aşırı kullanım saptanabilir. Fizik muayenede kilitlenme, takılma gibi mekanik bulgular gözlenir ve genellikle kendiliğinden iyileşir. Çocukluk çağında sık gözlenen diz ağrısı nedenleri tablo 2'de verilmiştir.

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