

## Differential Diagnosis of Polyarthriti

### Common Causes of Polyarticular Joint Pain

| Disease                        | Chronology | Inflammation | Distribution  |          |                     | Extra-Articular Manifestations  | Female:Male Ratio |
|--------------------------------|------------|--------------|---|----------|---------------------|---|-------------------|
|                                |            |              | Pattern   | Symmetry | Axial Involvement   |   |                   |
| Rheumatoid arthritis           | Chronic    | Yes          | Small and large joints  | Yes      | Cervical            | Subcutaneous nodules, carpal tunnel syndrome                          | 3:1 to 4:1        |
| Systemic lupus erythematosus   | Chronic    | Yes          | Small joints  | Yes      | No                  | Malar rash, oral ulcers, serositis (pleuritis or pericarditis)        | 9:1               |
| Osteoarthritis                 | Chronic    | No           | Lower extremity joints, proximal and distal interphalangeal joints, first carpometacarpal joint | Yes/No   | Cervical and lumbar | None  | 1:1 to 2:1        |
| Ankylosing spondylitis         | Chronic    | Yes          | Large joints  | Yes      | Yes                 | Iritis, tendonitis, aortic insufficiency                              | 1:1 to 1:5        |
| Psoriatic arthritis            | Chronic    | Yes          | Large and small joints  | Yes/No   | Yes/No              | Psoriasis, dactylitis ("sausage digits"), tendonitis, onychodystrophy | 1:1               |
| Human parvovirus B19 infection | Acute      | Yes          | Small joints  | Yes      | No                  | Lacy rash, malar rash   | 3:1 to 4:1        |
| Fibromyalgia                   | Chronic    | No           | Diffuse   | Yes      | Yes                 | Myalgias, tender points, irritable bowel syndrome                     | 9:1               |