

# Entesopathy

2020

# Overloading

Acute stage- rest, orthosis

local and systemic NSAID

local corticosteroids

Chronic stage- treatment of oedema and inflammation

physical therapy

soft tissue techniques

joint mobilisation

electrotherapy- DD, TENS, laser...

# Chronic stage of overloading

Muscle relaxation

To correct muscle contractions in neutral joint alignment

PIR, antigravity relaxation, Vojta 's method locomotion

Closed kinetic chain exercise

Ultrasound and combined electrotherapy

To improve poor posture

To stop pathological movement stereotypes

Spinal mobilisation

Muscle activation

Lumbopelvic stabilisation- to get correct pattern

To modify pathological movement pattern

Training in neutral joint position

# Chronic stage

Release local spasms- trigger points

- deep muscle massage, PIR
- ultrasound, shock wave therapy, contrast baths

Excentric exercise

To affect surrounding muscles ( e.g. elbow- scapular muscles)

Ergonomics to be modified

To modify training methods

To strengthen the muscles