

Inflammations

Exercise therapy

Inflammations

Non specific – bacterial, viral, parasitic agents

Specific – TB, lues, actinomycosis

Infectious diseases

Pyogenic arthritis

Pyogenic osteomyelitis

Spondylodiscitis

Principles of rehabilitation

Acute stage – cryotherapy

Chronic stage- to address oedema
muscle imbalance
limited ROM

physical therapy - hydrotherapy, underwater masage
ultrasound - antiinflammatory effect
pulsed magnetic field – effect on osteoporosis

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

Releas local spasms- trigger points

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

Excentric exercise

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

Ergonomics to be modified

To modify training methods

To strengthen the muscles