- Passive rom exe.
- Active, active assi. & self resisted exe. Are done.
- Wt. bearing is slowly encouraged.
- Pt. should be able to do ADLs within 8-12wks.
- Rest of the measures are as above.

• Chronic case:
  - Appropriate support like pad, footwear etc
  - Avoid repetitive frictional movement
  - Relaxed passive movements
  - Active limited ROM with strong isometric
  - PRE
  - US, SWC, TENS
  - Deep friction massage
  - Active exercise to unaff. Jt.
  - Isometrics with limb elevation
• Infective:
  - Appropriate antibiotics.
  - Immobilisation 2-3 months.
  - Rest of all as above.

**Tenovaginitis:**

  Eg; de quervain’s disease
  - Inflammation of fibrous sheath.
  - Pain, crepitus absent.

**Mx:**

As same as tenosynovitis.