

- Passive rom exe.
- Active , active assi. &self resisted exe. Are done.
- Wt. bearing is slowly encouraged.
- Pt. should able yo do ADLs within 8-12wks.

Preview from Notesale.co.uk
Page 13 of 21

- 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

Preview from Notesale.co.uk
Page 19 of 21

- 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.

Preview from Notesale.co.uk
Page 21 of 21