

- scar tissue forms over torn muscle tendon
- collagen disorganised and discontinued

pathogenesis

- nerves
 - compression of nerves
 - inflammation
- joints
 - in the long term, joint posture and movement may become abnormal and result in joint stiffness and premature degenerative changes

signs and symptoms

- pain
- muscle weakness
- swelling
- numbness
- restricted mobility of the joint

treatment

- devise ways to change and improve work practices and workspace design
- medication
 - anti-inflammatory painkillers, muscle relaxants
- heat or cold packs, elastic supports or a splint
- physiotherapy
 - advice on posture and stretches or exercises to help strengthen or relax your muscles
- steroid injections
 - reduce inflammation in an affected area
- surgery
 - correct specific problems with nerves or tendons

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