**Инфекционный бурсит АНГЛ**

- Immobilization of elbow joint with soft orthesis;

- Avoid activity for upper extremity;

- Ice localy for 30-40 min - 5 times a day;

- Nimesil 100 mg - 2 times a day - 5 days;

- Omez 20 mg 1 times a day - 5 days;

!!! - Augmentin 875\125 mg 1 pill 2 times a day - 7 days;

- Bifiform 1 pill 3 times a day;

- Aerius 5 mg. 1 tab a day - 5 days

- Avoid warm/sauna for elbow

- Control follow up in 01/05/2020 (Dr. Leval P.)

**голеностоп на АНГЛ**

- No weight bearing for 4-5 days;

- Partial weight bearing for following 2 weeks

- Avoid sport activities for following 4 weeks

- Elevated position of lower extremity at any appropriate moment

- Icing of ankle joint area 3-4 times a day for 15-20 minutes (do not put ice on the skin!) for following 3-4

- Nimesil 100 mg, 1-2 time a day - in case of pain;

- Voltaren + Dolobene 2 times a day, soft massage for 5-7 minutes towards the body for 10-14 days

- Elastic bandaging of ankle joint area during daytime for following 10-14 days

- MRI of ankle joint

- Control follow-up after 7 day

**ЛУЧ англ**

Local trauma surgeon follow-up after 5-7 days! Plain XR control! Change the plaster cast into polymere one;

- Immobilization of the whist joint in cast - 6 week;

- Elevated position at any appropriate moment;

- Ice locally, 4-5 times a day for 15-20 minutes;

- Avoid sport activities for following 8 weeks

- Nimesil 100 mg, 1-2 time a day - in case of pain;

- Voltarene 50 mg 1 pill 2 times a day with Omez 20 mg 1 pill in the morning before breakfast in case of severe pain

- Control follow-up after 7 day;

- Control x-ray after 7 day;

**плантарный фасциит АНГЛ**

- Avoid sport activities for following 2 weeks

- Nimesil 100 mg, 1-2 time a day - in case of pain;

- Voltaren + Dolobene 2 times a day, soft massage for 5-7 minutes towards the body for 10-14 days

- Making individual orthopedic insoles;

- Baths with sea salt (for 1 liter of water 1 tablespoon of salt, temperature 36-38 degrees, 20 minutes, 2 weeks).

- Control follow-up after 7 day;

**Палец стопы АНГЛ**

- Plaster immobilization of 3,4,5 fingers of right foot;

- Avoid activity for right lower extremity;

- Do not use tight shoes;

- Upper position for right foot;

- icing locally, for 30-40 min, - 5 times a day - 5 days;

- Voltaren gel + Dolobene gel 2 times a day - 14 days;

- Nimesil 100 mg 2 time a day - in case of pain;

- Control follow up in 7 days;

- Control x-ray in 7 days;

**ребра АНГЛ**

- Consultation of rehab specialist

- Course of complex conservative treatment

- Тaping of maximum pain zone

- Avoid physical activity

- Breathing gymnastics

- Voltaren gel + Dolobene gel 2 times a day - 14 days

- Nimesil 100 mg 2 times a day - in case of pain - 5 days

- Omez 20 mg 1 time a day - in case of Nimesil taking

- Control follow up in 7 days

- Make of decision about lung CT performing

- In case of fever, cough, etc. - re-examination

**Адгезивный капсулит АНГЛ**

- MRI of right shoulder joint

- Consultation of rehab specialist

- Course of complex conservative treatment

- Stretching exercise for right shoulder!!!!

- Voltaren Gel + Dolobene Gel 2 times a day - 2 week

- Nimesil 100 mg 2 times a day after starting course of stretching

- Omez 20 mg 1 time a day - during Nimesil taking

- Control follow up after MRI performing or 10 days

- Make a decision about injection inside shoulder joint