

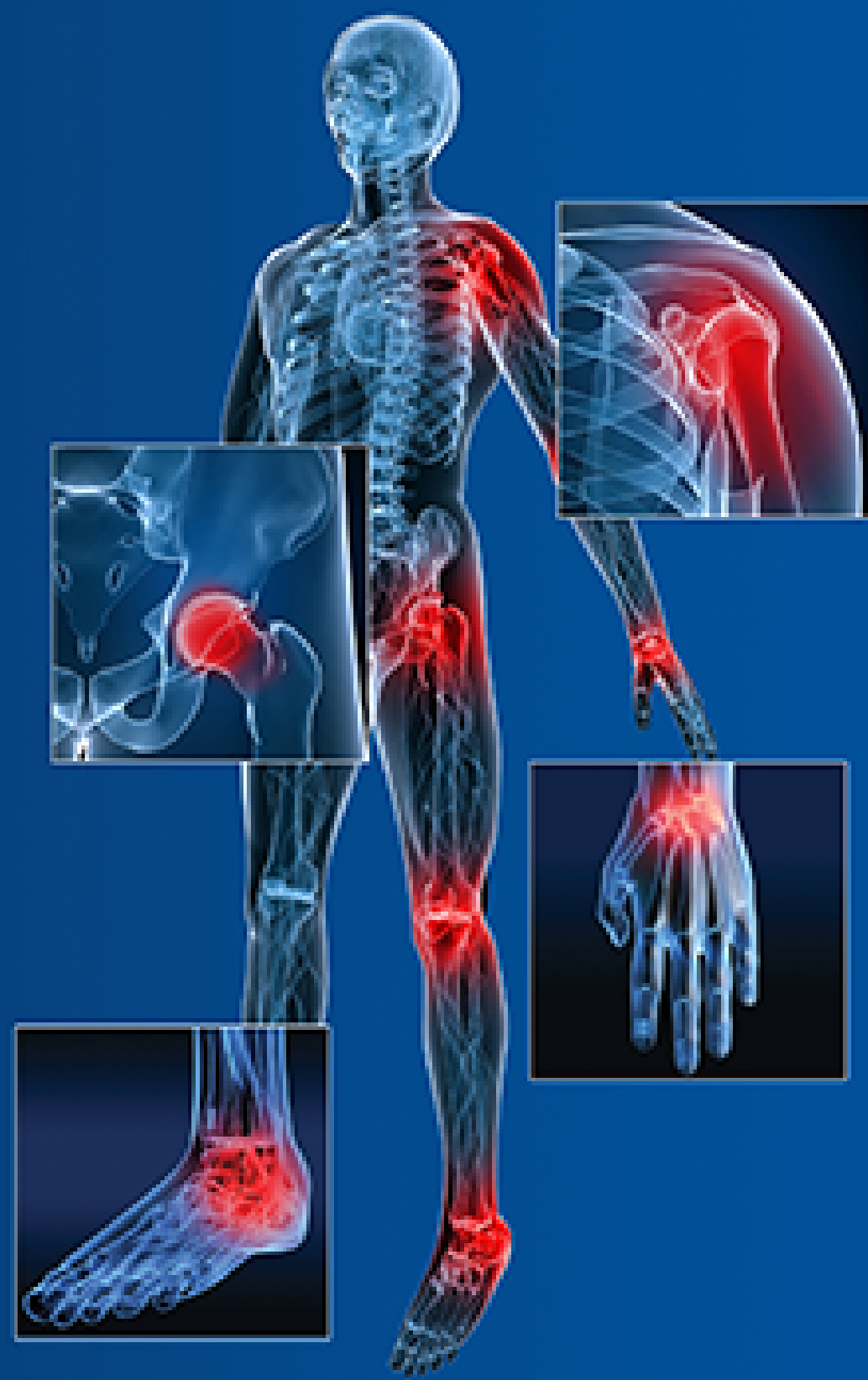
Orthopaedic Physiotherapy

A Comprehensive Guide



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A branch of medicine concerned with the correction or prevention of deformities, disorders, or injuries of the skeleton and associated structures.



At **CAPAAR**, our experienced physiotherapists treat a variety of musculoskeletal conditions affecting the:

- Arthritis
- Neck Pain
- Lower Back Pain
- Spondylitis
- Slipped Disc
- Muscle Sprain
- Tendinitis
- Frozen Shoulder
- Fibromyalgia
- Repetitive Sprain Injury (RSI)

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ARTHRITIS

Arthritis is a joint disorder featuring inflammation. A joint is an area of the body where two bones meet. A joint functions to allow movement of the body parts it connects.

Arthritis literally means inflammation of one or more joints. Arthritis is frequently accompanied by joint pain. Joint pain is referred to as arthralgia.



PHYSIOTHERAPY FOR ARTHRITIS:

Your **physiotherapist** at **CAPAAR** will carry out a detailed subjective and objective assessment in order to identify the type and nature of your symptoms, your functional problems and help you set realistic, achievable goals.

A treatment plan for an individual with arthritis may include:

- Strengthening exercises to build up the muscles around the joint affected
- Stretches to maintain range of movement at the joint
- Provision of walking aid and mobility practice
- Provision of equipment to enable easier functional activities
- Joint protection advice
- Lifestyle advice

It is essential that your pain is controlled in order to effectively carry out exercises to strengthen the muscles that surround the joint.

The benefits of physiotherapy include:

- Decreased joint stiffness
- Increased range of movement
- Increased mobility

- Increased ability to complete functional tasks
- Increased awareness of how to manage symptoms of arthritis

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NECK PAIN

Neck pain is a general term describing the sensation felt when structures in the neck are irritated or damaged.



These include:

- Acute nerve root pain
- Apophyseal wry neck
- Discogenic wry neck
- Whiplash's

PHYSIOTHERAPY FOR NECK PAIN:

Physiotherapy is very important in the treatment of neck pain. Your physiotherapist can diagnose your problem and determine its severity, enabling them to determine an appropriate treatment plan. This may initially involve techniques to reduce your pain.

CAPAAR will usually provide you with a series of stretching and strengthening exercises designed to return you back to full activity and to reduce the chances of your neck pain re-occurring. Other treatment includes:

- Proprioceptive Exercise
- Postural Realignment
- Acupuncture
- Accupressure



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LOWER BACK PAIN

Low back pain is a term describing a sensation of pain that arises from a number of structures in the lower back. **Physiotherapy** is an effective way of treating low back pain.



Low back pain can cause a dull or strong ache in your lower back, which is made worse by movement. The pain can be in the middle of the back, to one side or on both sides of the spine. It can also radiate down into the buttock, back of the thigh, calf, ankle, and foot.

PHYSIOTHERAPY TREATMENT FOR LOWER BACK PAIN:

The assistance of a physiotherapist is very important in the treatment of low back pain.

Initially, your physiotherapist can diagnose your problem and determine its severity. Occasionally this can require referral for imaging techniques such as an X-ray, CT scan or MRI scan.

Following the initial assessment, your physiotherapist will determine a treatment plan specifically for you. Treatment may include:

- Manipulation / Mobilization
- Exercise Programmes
- Core Stability Exercises

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SPONDYLOSIS

Cervical spondylosis is a form of osteoarthritis in the thoracic spine (upper back). Physiotherapy is an effective treatment for cervical spondylosis.

PHYSIOTHERAPY FOR CERVICAL SPONDYLOSIS :

There are a number of **physiotherapy treatments** that your physiotherapist can offer you to treat cervical spondylosis. You may receive cryotherapy (ice) or heat to reduce any pain that you have and will be given a series of exercises to improve the range of movement at the cervical spine.



Your home exercise programme will also include specific exercises to strengthen the area which will help minimize your symptoms. Postural advice can be offered to manage your condition.

Other physiotherapy options can include:

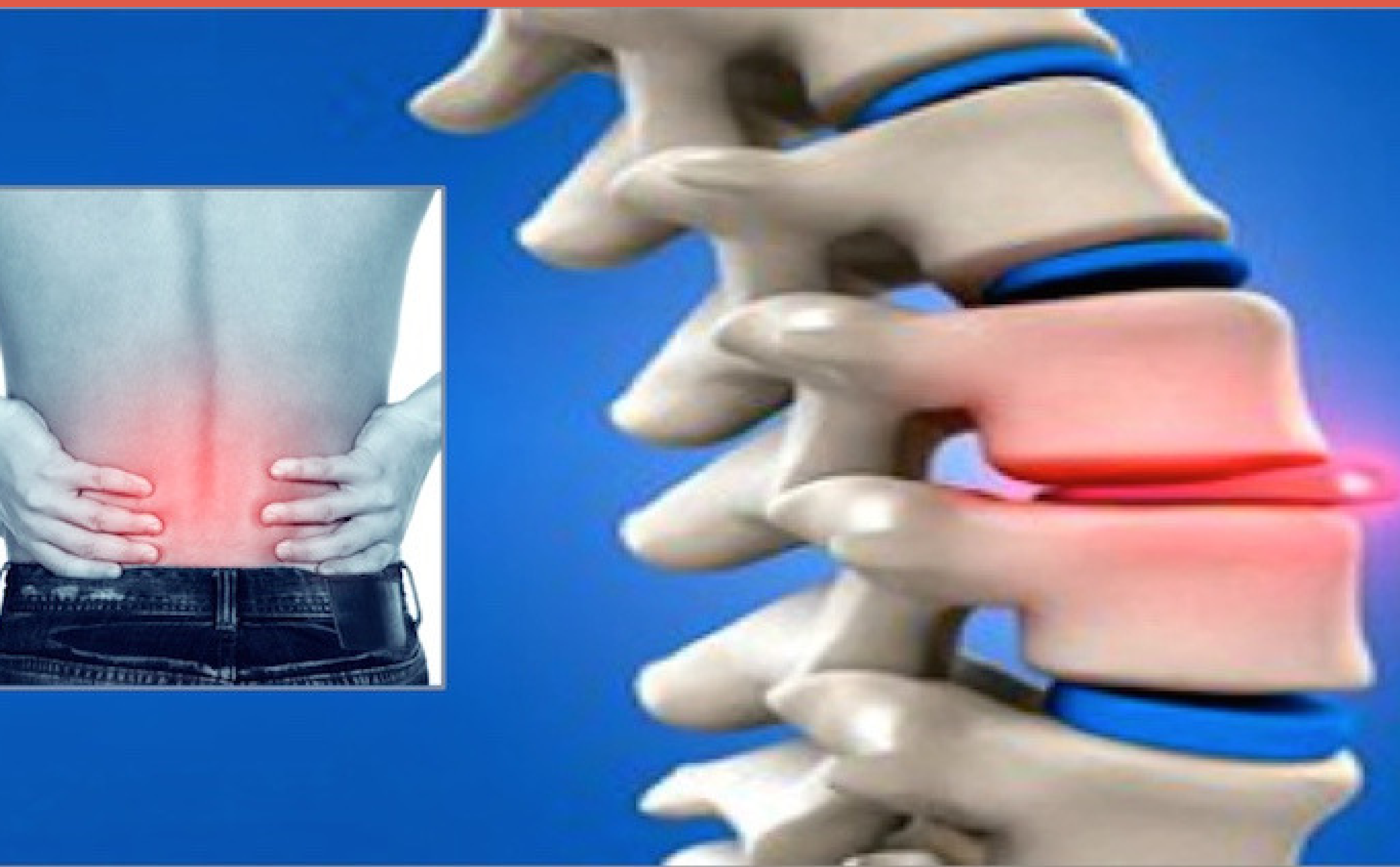
- Taping
- Postural Realignment
- Soft Tissue Treatment

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SLIPPED DISC

A 'slipped disc' is a term often used for a type of back pain. The actual medical term is a herniated disc and this occurs when a disc in the upper back compresses a nerve causing pain. The vertebrae in the spine have discs of tissue that sit between them.

Nerves run down the spine in close proximity to the discs so when a disc becomes damaged it compresses on the nerves, causing pain. The upper back is the least common location of a slipped disc



PHYSIOTHERAPY FOR A SLIPPED DISC :

Physiotherapy is very beneficial for a 'slipped disc' and can relieve symptoms. At **CAPAAR** our physiotherapists will assess and treat you as an individual.

Treatment may include:

- Heat therapy
- Electrotherapy
- Mobilizations
- Range of movement exercises
- Postural advice and exercises
- Strengthening exercises
- Stretching exercises



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MUSCLE PAIN

Muscle Sprian is an involuntary contraction of a muscle and this commonly occurs in large muscle groups including those in the upper back. **Physiotherapy** is an excellent treatment of muscular spasm in the lower back.



PHYSIOTHERAPY FOR MUSCULAR PAIN IN THE UPPER BACK :

You will be shown effective range of movement and strengthening exercises and hydrotherapy may be used with your exercise programme.

Electrotherapy techniques such as ultrasound and IFT can be used to reduce pain and facilitate the **healing process** of the affected muscle.

Other physiotherapy options include:

- Soft Tissue Treatment
- Manipulation / Mobilization

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TENDINITIS

Tendinitis (also called tendonitis) is an inflammation or irritation of a tendon, a thick cord that attaches bone to muscle.

PHYSIOTHERAPY FOR TENDONITIS :

Physiotherapy can help you manage your tendonitis symptoms and other associated problems. Tendonitis, sometimes called tendinitis, is an irritation or inflammation of any of the tendons in your body.

Your tendons are strong bands of connective tissue that attach your muscles to your bones. Tendonitis can be caused by repetitive use or overstretching of the tendon causing it to become irritated and inflamed.



The physiotherapy rehabilitation goals for tendonitis are:

- To relieve your symptoms
- Maintain or improve your muscle strength
- Maintain your overall fitness
- Promote injury prevention
- Safely return you to your original activities or sports

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FROZEN SHOULDER

The term frozen shoulder (or adhesive capsulitis) refers to inflammation and scarring of the ligamentous capsule of the shoulder joint. **Physiotherapy** can successfully minimize the symptoms of a frozen shoulder.



PHYSIOTHERAPY FOR FROZEN SHOULDER :

If the diagnosis of frozen shoulder is made, the physiotherapists at **CAPAAR** will be able to provide you with an appropriate treatment programme. This will most commonly be aimed at reducing your pain and improving your shoulder range of movement.

It may involve the use of anti-inflammatory medications, electrotherapy treatment, and stretch, strengthening and range of movement exercises.

Other physiotherapy options include:

- Postural Realignment
- Ergonomic Assessment
- Accupuncture
- Taping
- Soft Tissue Treatment

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FIBROMYALGIA

Fibromyalgia is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues. Researchers believe that fibromyalgia amplifies painful sensations by affecting the way your brain processes pain signals.

The management of muscle and joint pain is important for fibromyalgia patients. In addition to medications, there are **various physical therapies** that patients can try to help ease the pain and other symptoms of the disease.



PHYSIOTHERAPY FOR FIBROMYALGIA :

We **CAPAAR** may use different types of tools with fibromyalgia patients including:

- TENS(Transcutaneous electrical nerve stimulation)
- Deep Tissue Massage
- Heat Therapy
- Ultrasound
- Low-Impact Aerobic Exercise
- Strength and Flexibility Exercise

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REPETITIVE STRAIN INJURY (RSI)

A repetitive strain injury (RSI), sometimes referred to as repetitive stress injury, is a gradual buildup of damage to muscles, tendons, and nerves from repetitive motions.

RSIs are common and may be caused by many different types of activities, including:

- Using a computer mouse
- Typing

- Swiping items at a supermarket checkout
- Grasping tools
- Working on an assembly line
- Training for sports



PHYSIOTHERAPY FOR REPETITIVE STRAIN INJURY (RSI) :

Physical Therapy is important in speeding up the healing process and to get optimal results. Physical therapy also decreases the likelihood of recurrences in the future.

Physical therapy may commonly include:

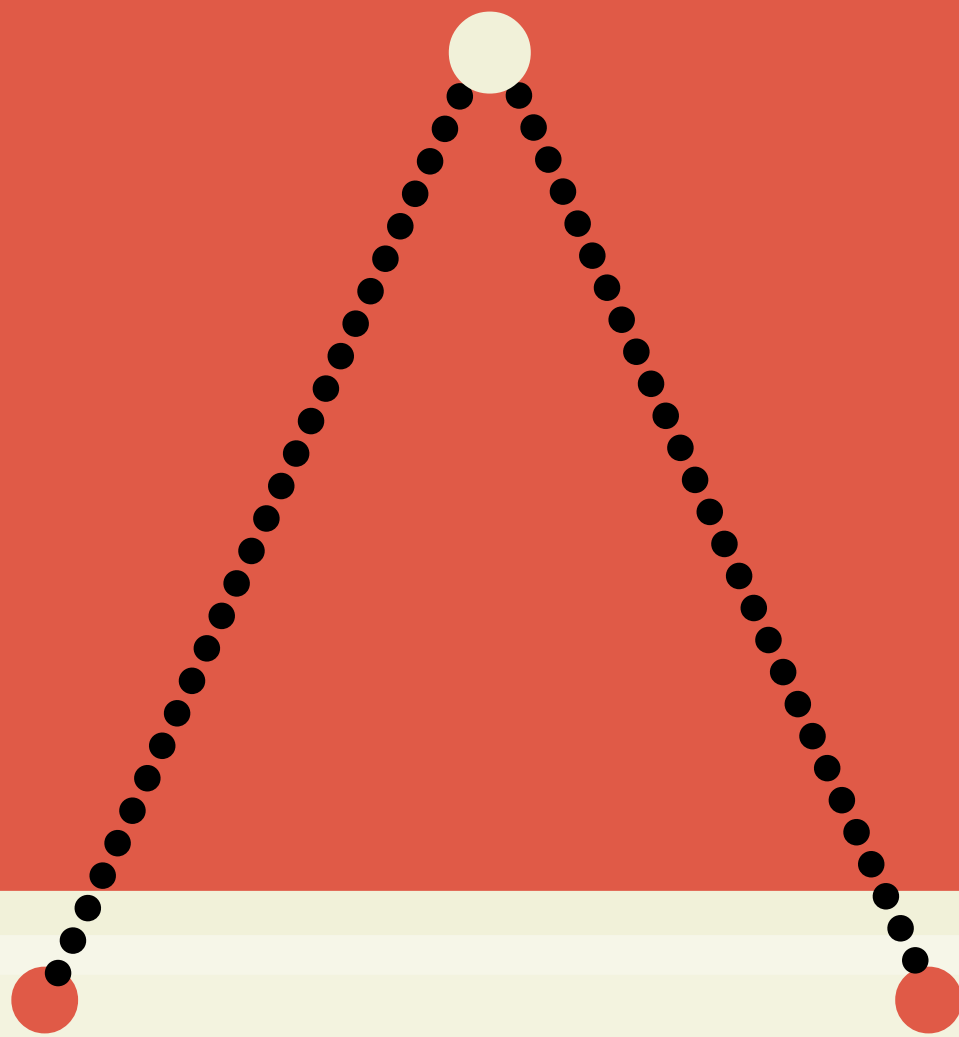
- Soft tissue massage.
- Electrotherapy such as ultrasound.
- Joint mobilization.

- Heat and ice treatments.
- Bracing or splinting.
- Exercises to improve strength and flexibility.
- Activity modification and training.
- Appropriate plan for return to activity.

CONCLUSION :

In many cases, all that is needed to effectively treat a pinched nerve is rest; it often gets better over time without any steps being taken. Exercise may also be used for strengthening back muscles and reducing pressure on the nerve root.

Anti-inflammatory medications may be helpful in relieving inflammation around the nerve and in easing the pain. In more severe cases that do not respond to **other forms of treatment, surgery** may be necessary. As with the other treatments, the point of the surgery will be reduced from Physiotherapy procedures.



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