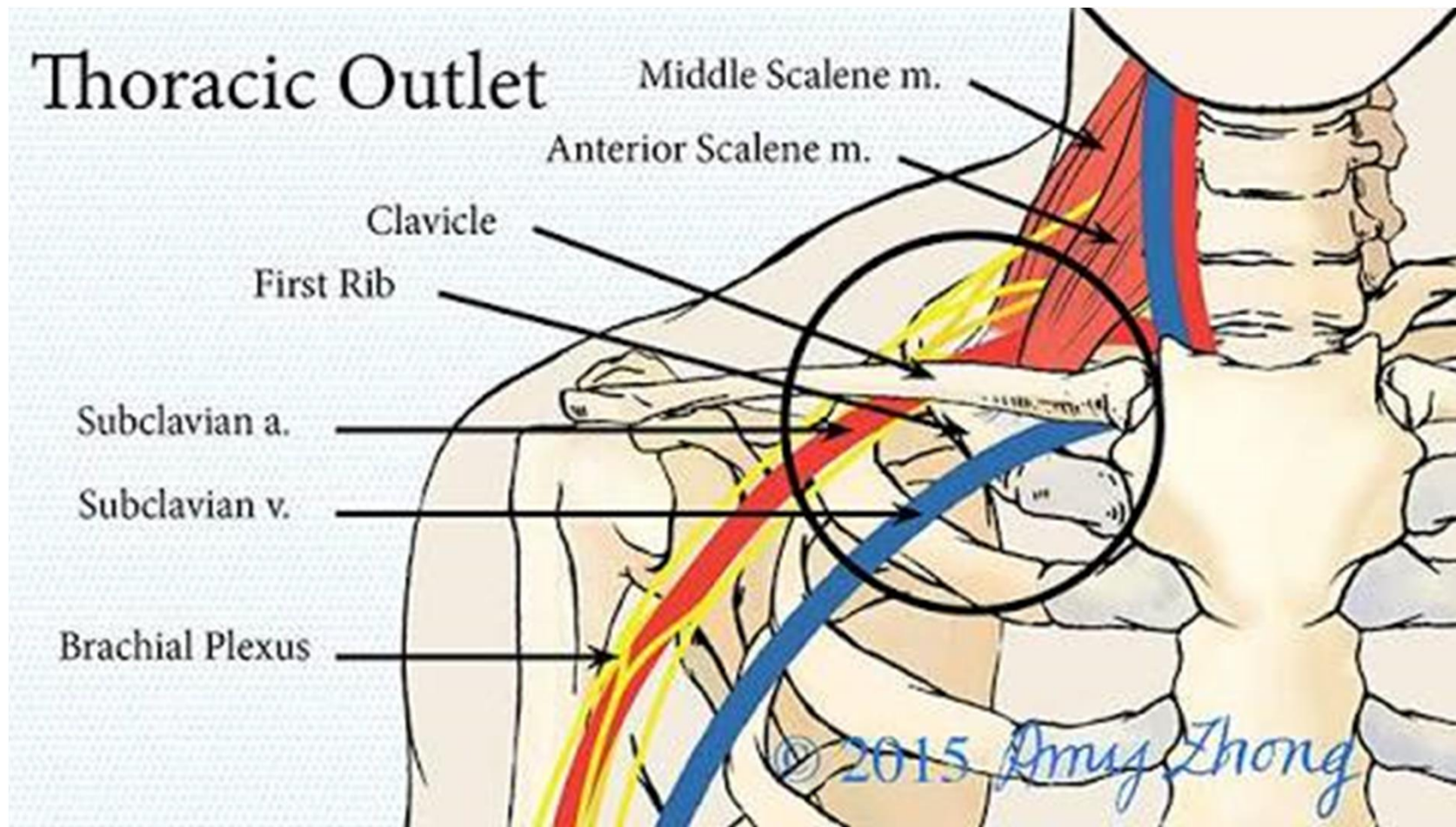


Thoracic Outlet Syndrome





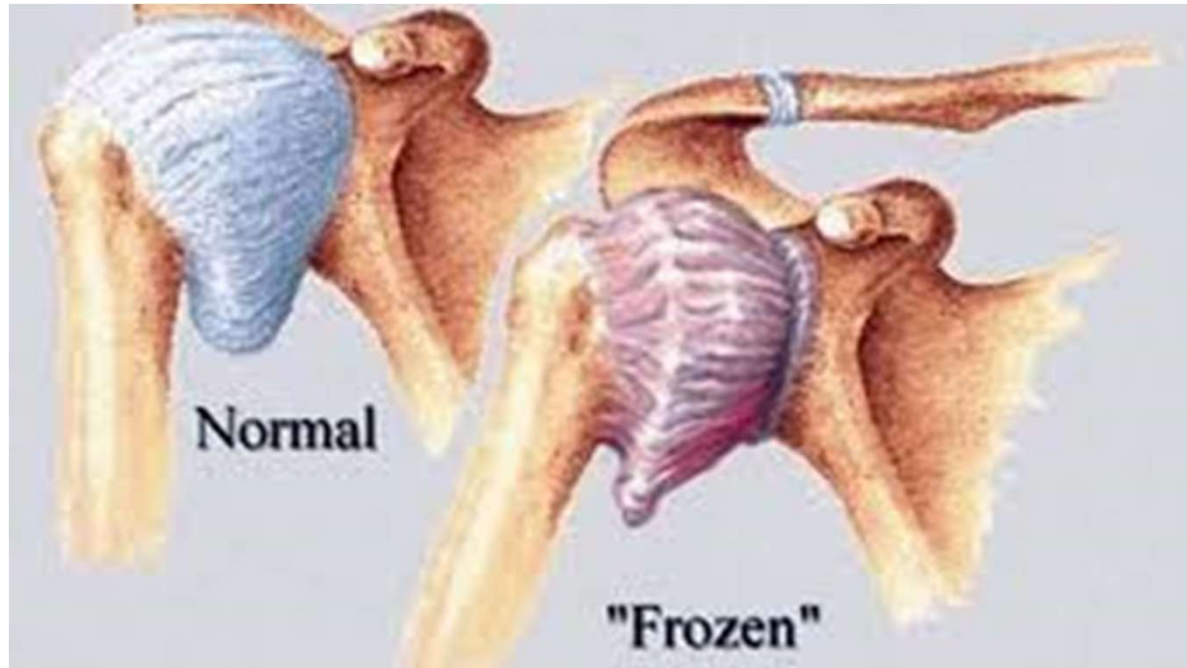
Cervical rib
syndrome

Costoclavicular
syndrome

Droopy
shoulder
syndrome

Scalene
anticus
syndrome

Hyper
abduction
syndrome

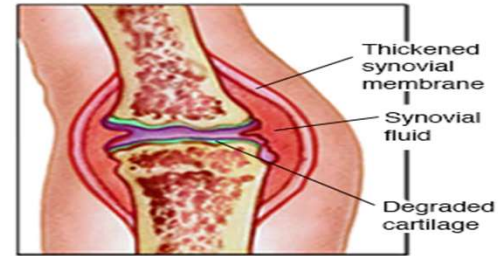


ADHESIVE CAPSULITIS

OBJECTIVES

- Define
- Classification
- Causes
- Pathophysiology
- Phases
- Clinical features
- Scales
- Differential diagnosis
- Medical management
- Surgical management
- Physiotherapy management





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RHEUMATOID ARTHRITIS

Objectives

1. Types of Arthritis
2. Define Rheumatoid Arthritis
3. Etiology
4. Pathology
5. Pathophysiology
6. Clinical features
7. Classification of Rheumatoid Arthritis
8. Deformities of joints
9. Investigations
10. Physiotherapy management



SOFT TISSUE INJURY

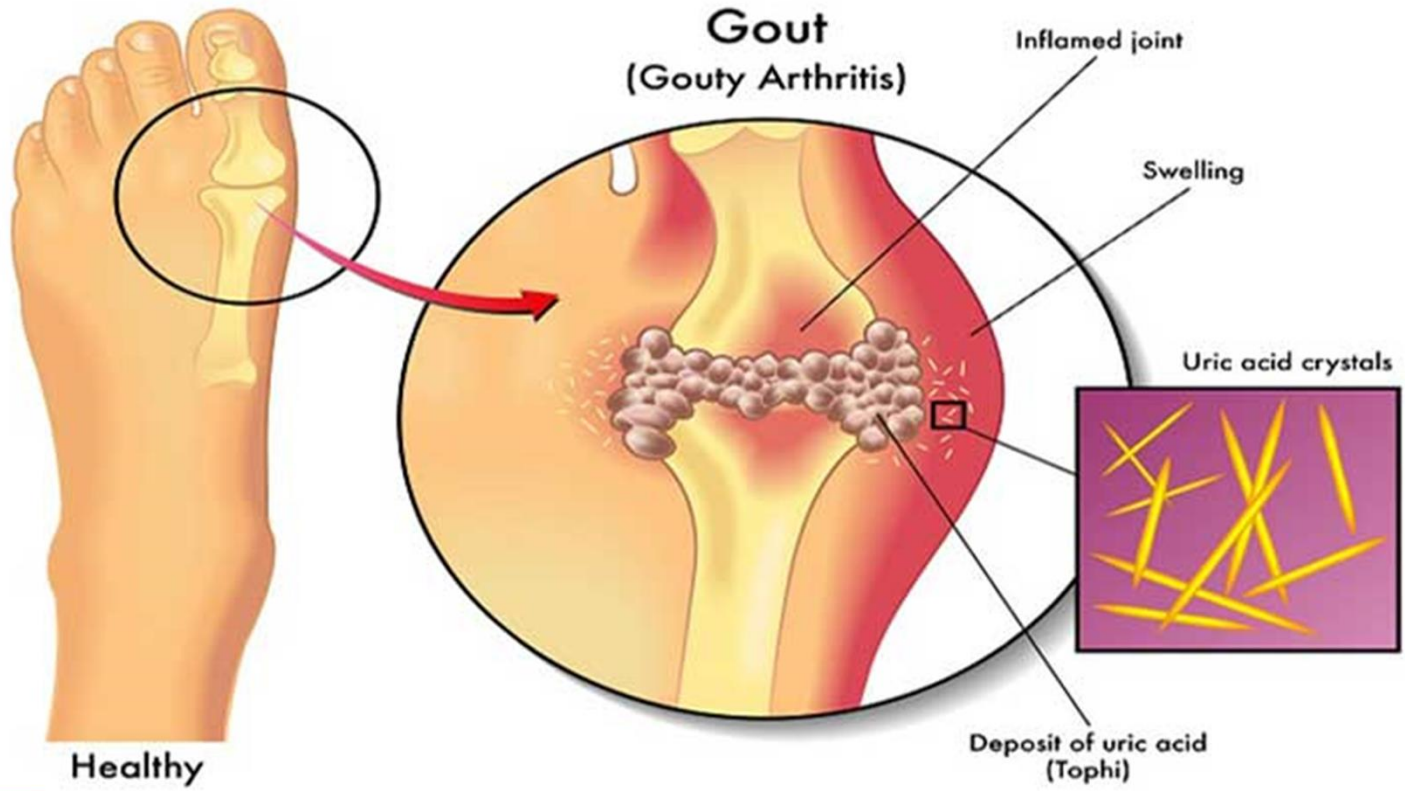
Objectives

- Introduction of STI & different structures involved
- Causes and grades of injury
- Dysfunction caused due to STI
- Stages /severity of injury: Acute, subacute, chronic

SOFT TISSUE INJURY

Objectives

- Introduction of STI & different structures involved
- Causes and grades of injury
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GOUT

Define

Gout is :

- A metabolic disorder
- Crystal induced arthritis
- Deposition of *Sodium Urate Crystals* in tissues leads>
- Inflammatory arthritis characterized by pain, swelling, redness of specific joints





ANKLE SPRAIN

Ligaments in Ankle Joint

Two major ligaments

- Medial collateral ligament (MCL)/The Deltoid ligament.
- Lateral collateral ligament (LCL)





MYOSITIS OSSIFICANS

- 
- ❖ *Myositis ossificans Or*
 - ❖ *Heterotopic Ossification Or*
 - ❖ *Ectopic Bone Formation*

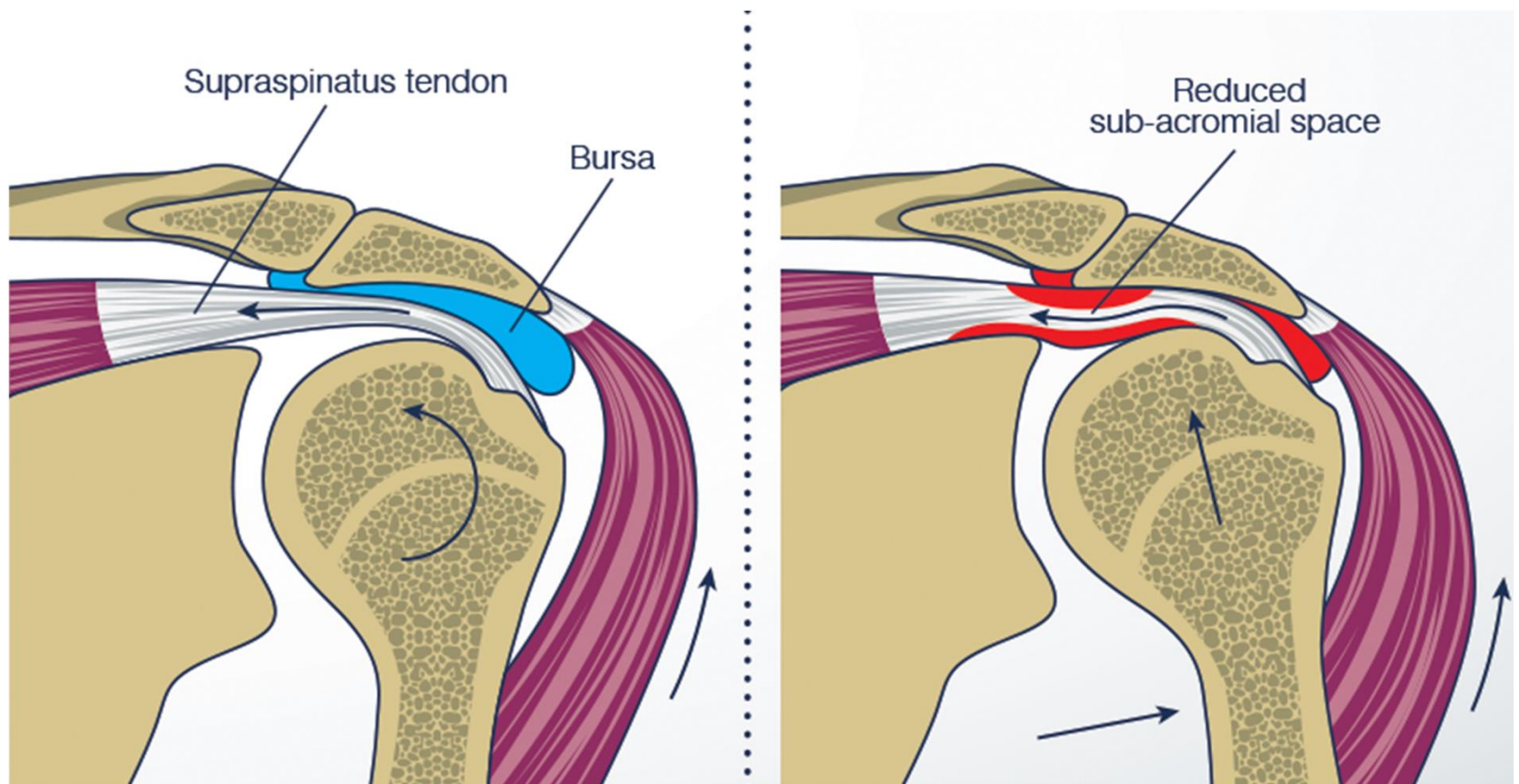
- It is extra-skeletal ossification that occurs in muscles & other soft tissues
- Sometimes seen : Muscle-Tendon unit, capsule or ligamentous structure
- A reactive process that is characterized by a well-circumscribed proliferation of fibroblasts, cartilage & bone within muscle
- It affects function of normal soft tissues around bones & joints.

IMPINGEMENT SYNDROME

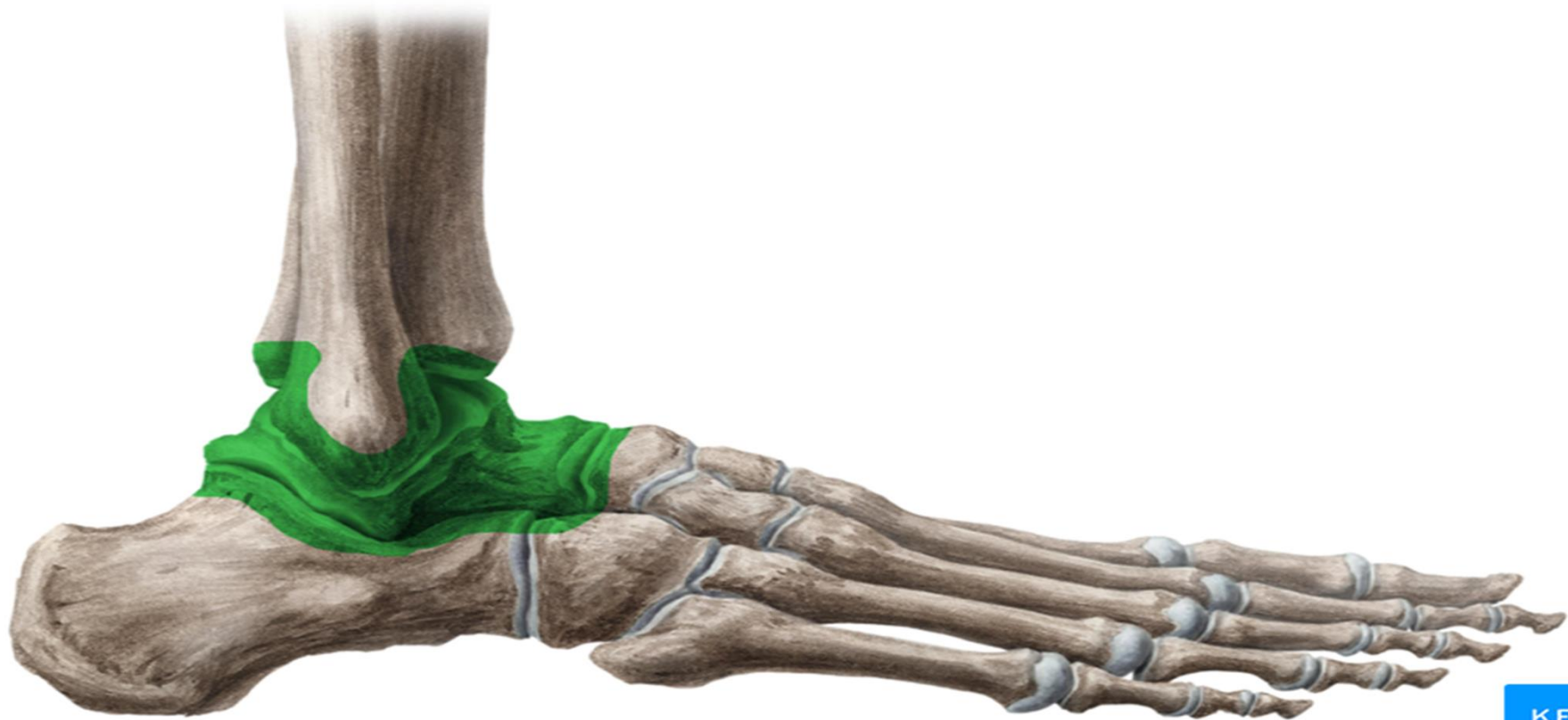


Define

Mechanical compression & irritation of soft tissues ie rotator cuff & subacromial bursa in suprahumeral space is called *Impingement Syndrome*



ANKLE JOINT AND FOOT COMPLEX



ankle-foot Complex is structurally analogous to wrist-hand complex of UE
must meet stability & mobility demands(as it is weight bearing joint)

STABILITY DEMAND

providing a *STABLE* BOS for body in a variety of weight-bearing postures without excessive
muscular Activity & Energy Expenditure

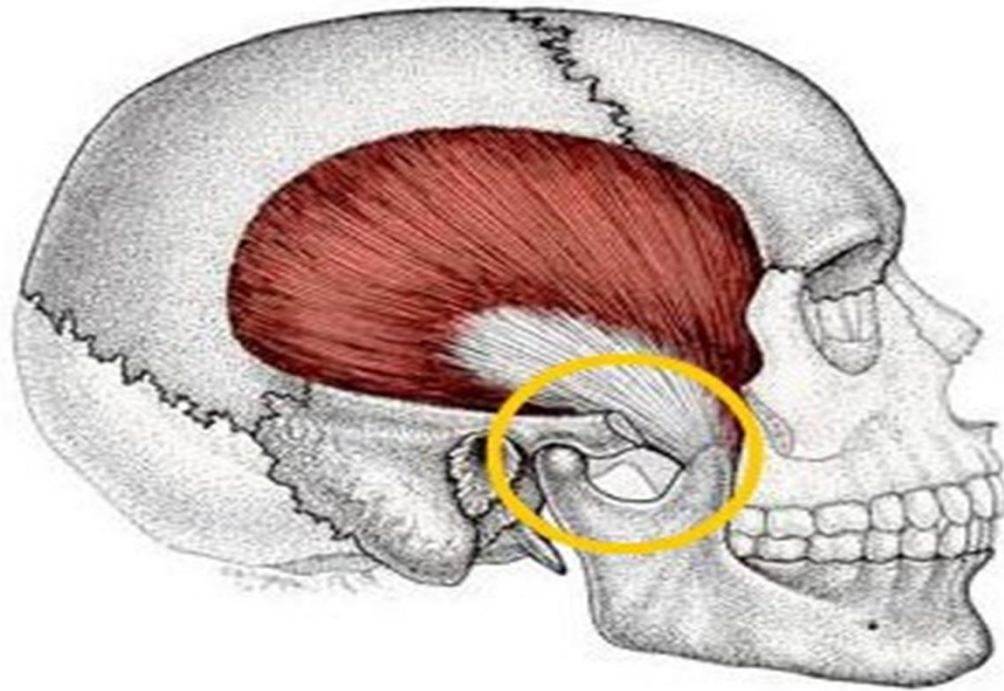
acts as a *RIGID LEVER* > effective *Push-off* during gait (walking, jogging, jump)

MOBILITY DEMAND

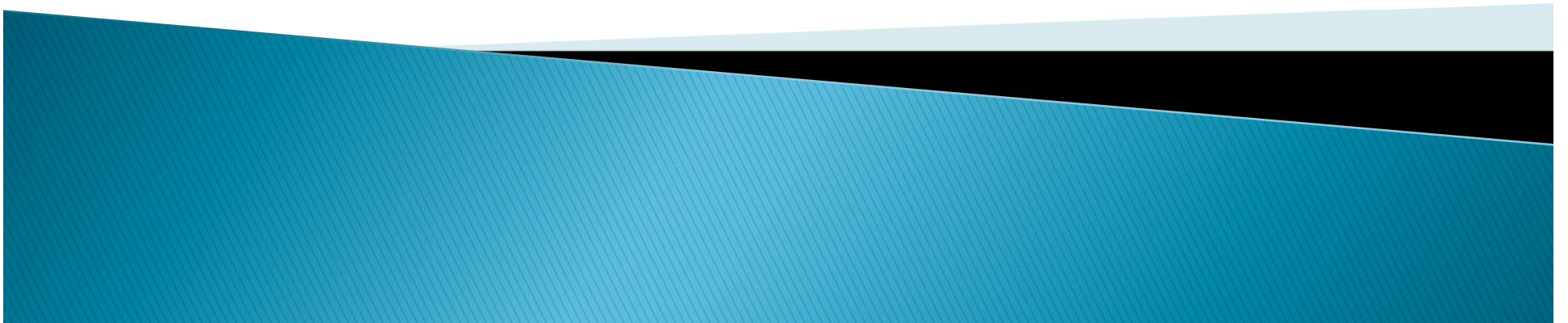
is flexible & mobile enough to adapt to uneven terrain

absorbs shock

compensating rotations imposed by more proximal joints of lower limbs



TEMPEROMANDIBULAR JOINT

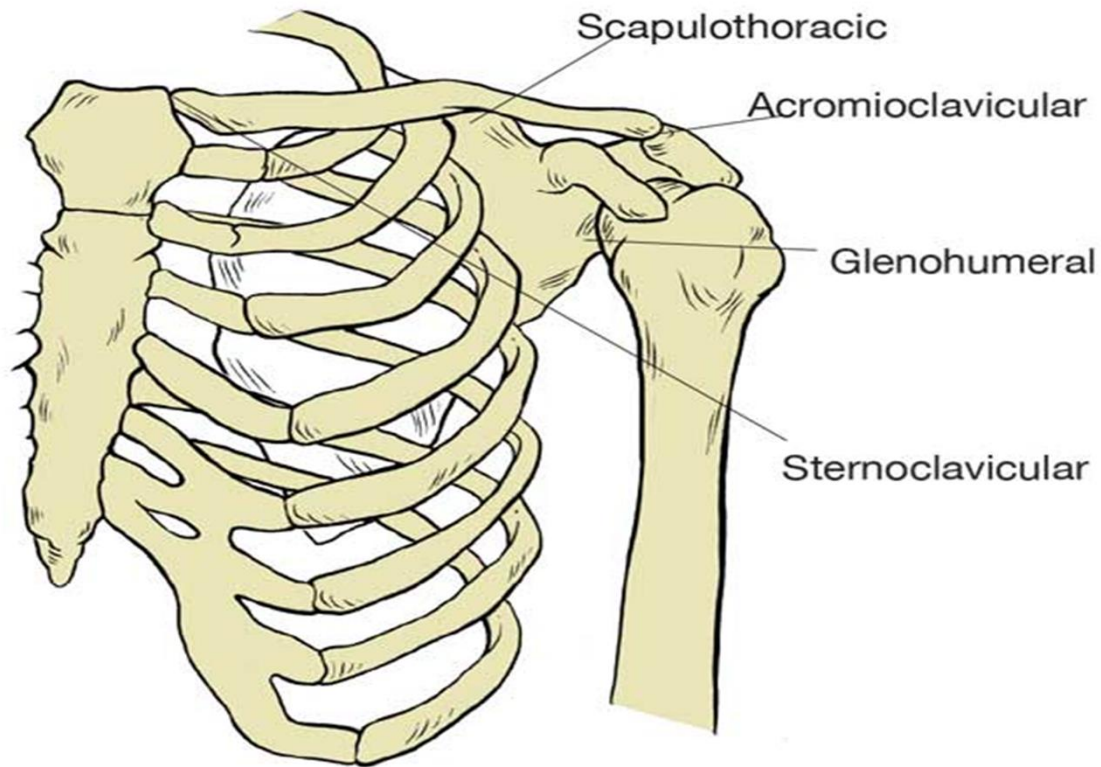


INTRODUCTION

- ▶ TM joint is unique Joint within body both *Structurally & Functionally*
- ▶ *Compound joint* in which both TMJ's must move simultaneously
- ▶ *Hinge Joint* but complex motions occur in all 3 planes



SHOULDER JOINT



Shoulder Complex

Components:

Shoulder complex, composed of clavicle, scapula & humerus, linking upper extremity to thorax

Shoulder complex function

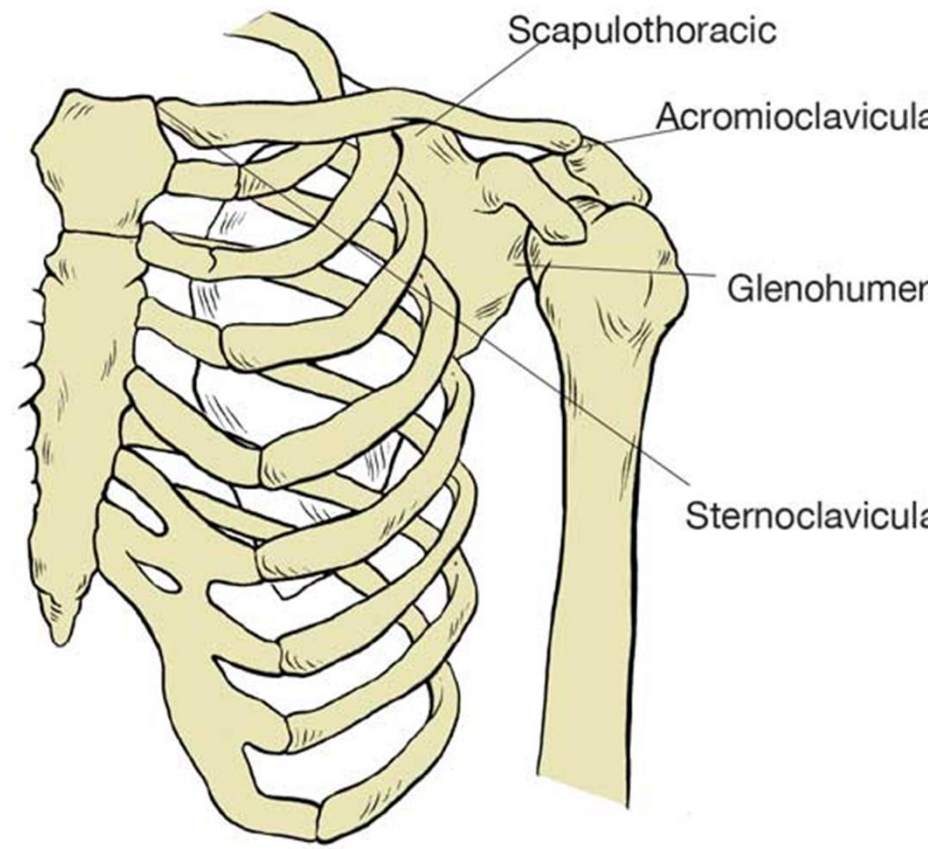
Stability

Stability

are met through

Stabilizing forces

Dynamic stabilization





FARADISM UNDER PRESSURE

Faradism Under Pressure

It is one of therapeutic technique with *Electrical Stimulation* combined with *Compression & Elevation* of limb to increase venous & lymphatic drainage & so to relieve oedema in the extremity

Oedema

Presence of abnormal amount of fluid in the extracellular/interstitial space of body



Infra-red Radiation

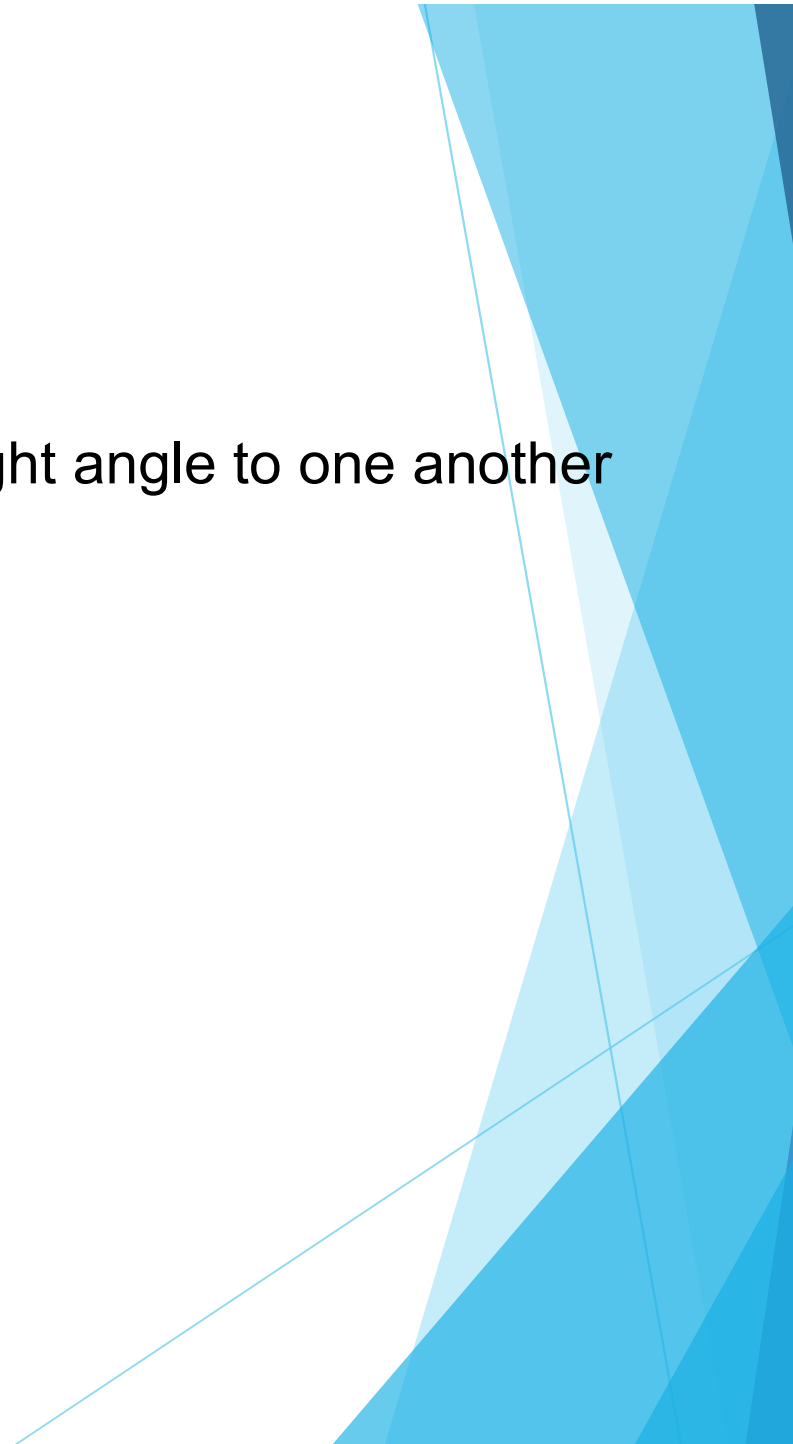


duction

s a electromagnetic radiation

of energy which always travels in form of waves

duced by oscillating electric & magnetic field at right angle to one another

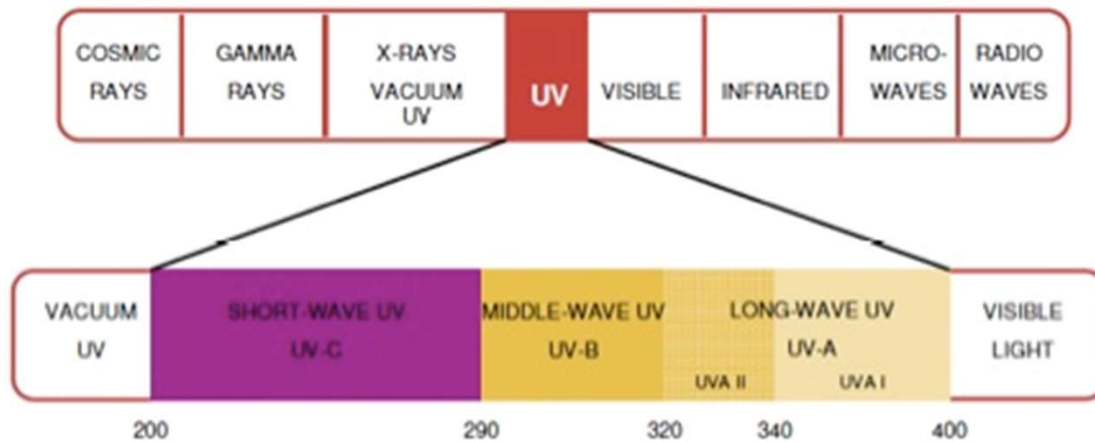


ULTRA-VIOLET RADIATION

OBJECTIVES:

- UVR
- Types : a b c
- Classification
- Types of UVR
- Production
- Physiological n therapeutic effects
- Technique & method of application
- Effects & uses
- Indication & Contraindications
- Dangers & precaution
- Test dose

ULTRA-VIOLET RADIATION



Introduction

- Ultra-violet radiation (UVR) is electromagnetic energy which is INVISIBLE to human eyes
- Wavelengths between 10nm & 400nm.
- It lies between visible light & X-rays.
- UVR behave in similar way to visible radiations

Infra-red Radiation

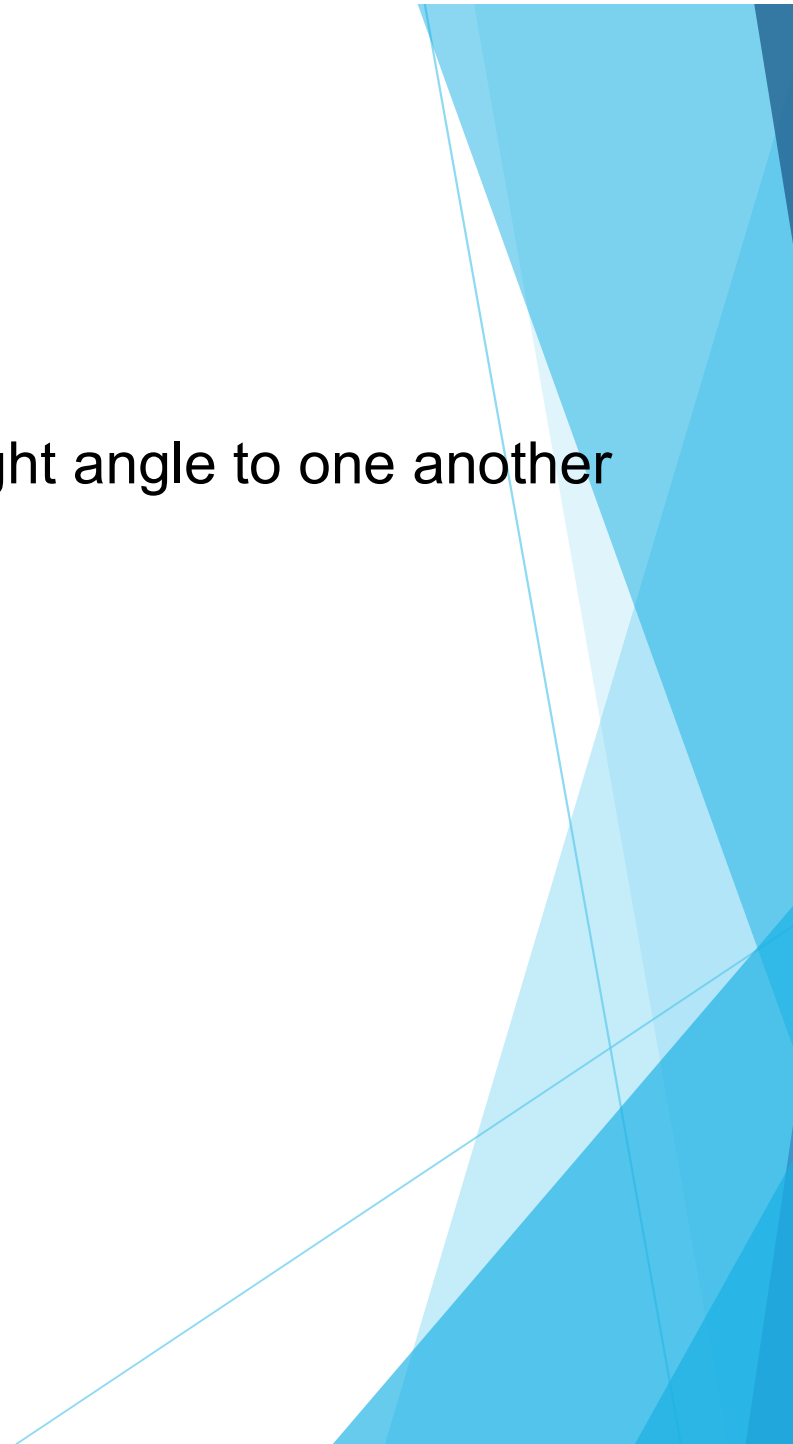


duction

s a electromagnetic radiation

of energy which always travels in form of waves

duced by oscillating electric & magnetic field at right angle to one another



CONTRAST BATH

INTRODUCTION

- It involves alternate immersion in hot & cold water producing marked hyperaemia
- Generally used a distal extremity
- 1st in warm water then in cold water
- Used clinically when goal of treatment is to ↓ pain & ↑ flexibility & desensitisation



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CRYOTHERAPY

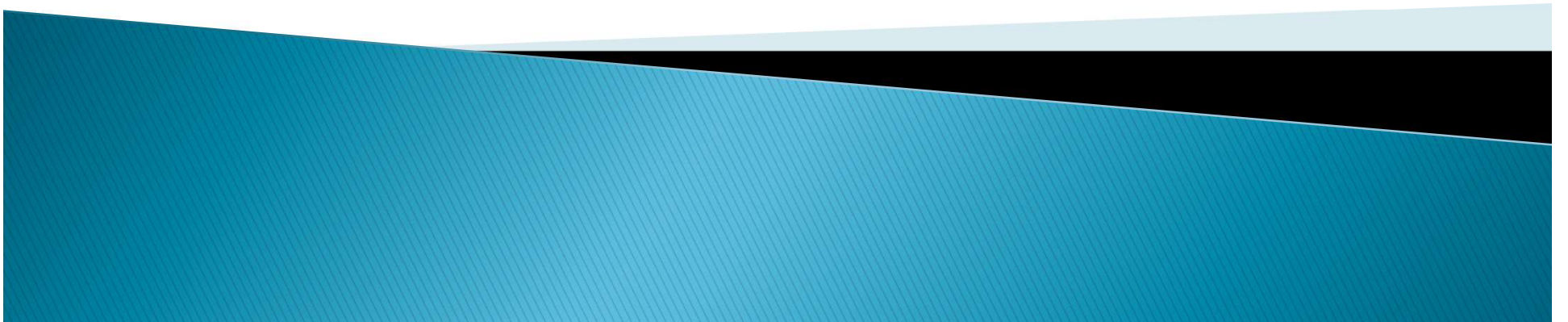
Cold therapy or Cryotherapy

- It refers to use/application of ice for therapeutic purpose
- Application of cold to tissues after injury is a practice as old as medicine itself
- Nowadays, local cold application may be applied by use of various forms of Ice or Frozen Gel Packs, in spray form etc





WHIRLPOOL



OBJECTIVES

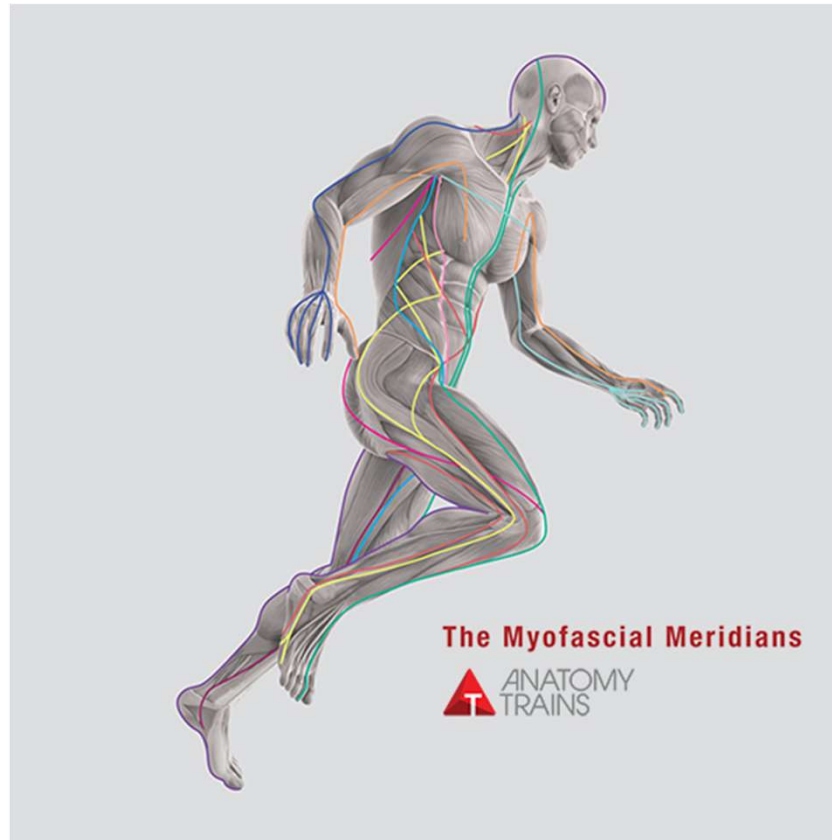
- ▶ Whirlpool ?
- ▶ Properties of water related to whirlpool
- ▶ Types of whirlpool
- ▶ Physiological effects
- ▶ Therapeutic effects & uses
- ▶ Contraindication



MYOFASCIAL RELEASE



Fascia is specialized connective tissue (CT) that surrounds every muscle, nerve, bone, blood vessel, & organ at cellular levels.



Soft Tissue Response To Injury



Soft Tissue Response To Injury

Muscle spasm

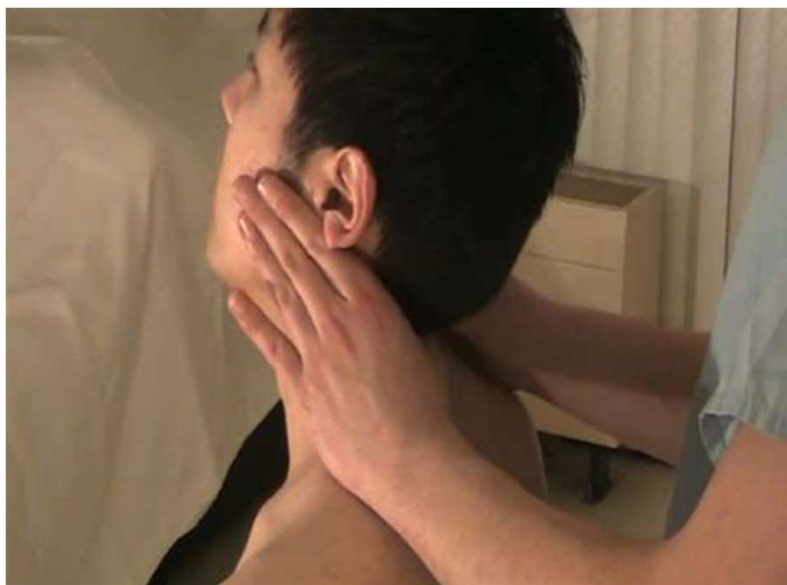
Strain

Sprain

Trigger point



THE MULLIGAN CONCEPT



Mulligan Concept Is Given By :

- ❑ Brian R. Mulligan qualified as a physiotherapist in 1954
- ❑ Gained his diploma in Manipulative Therapy in 1974.
- ❑ The author of numerous articles published in New Zealand Journal of Physiotherapy.
- ❑ He is also author of 2 books :
 - Manual Therapy "NAGS", "SNAGS", "MWMS", etc' (2003) for Physiotherapists.
 - 'Self Treatment for the Back, Neck and Limbs' for Public.

