

Regional Rheumatic pain syndrome



- Juxtaarticular disorders
- Periarthritis



Definition

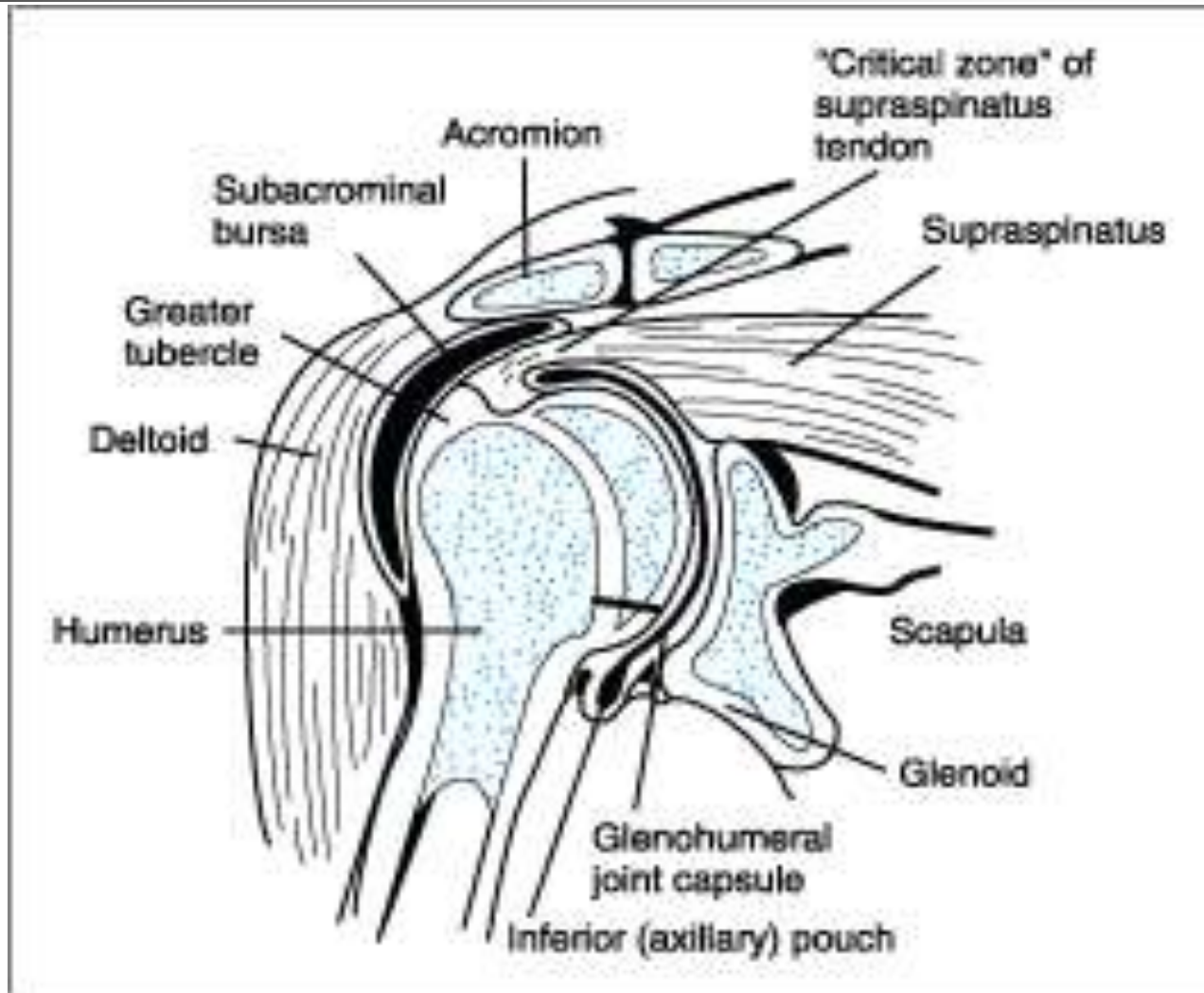
- Bursitis
- Tendinitis and tenosynovitis
- Enthesitis
- Entrapment neuropathy
- Capsulitis



Nonarticular musculoskeletal pain

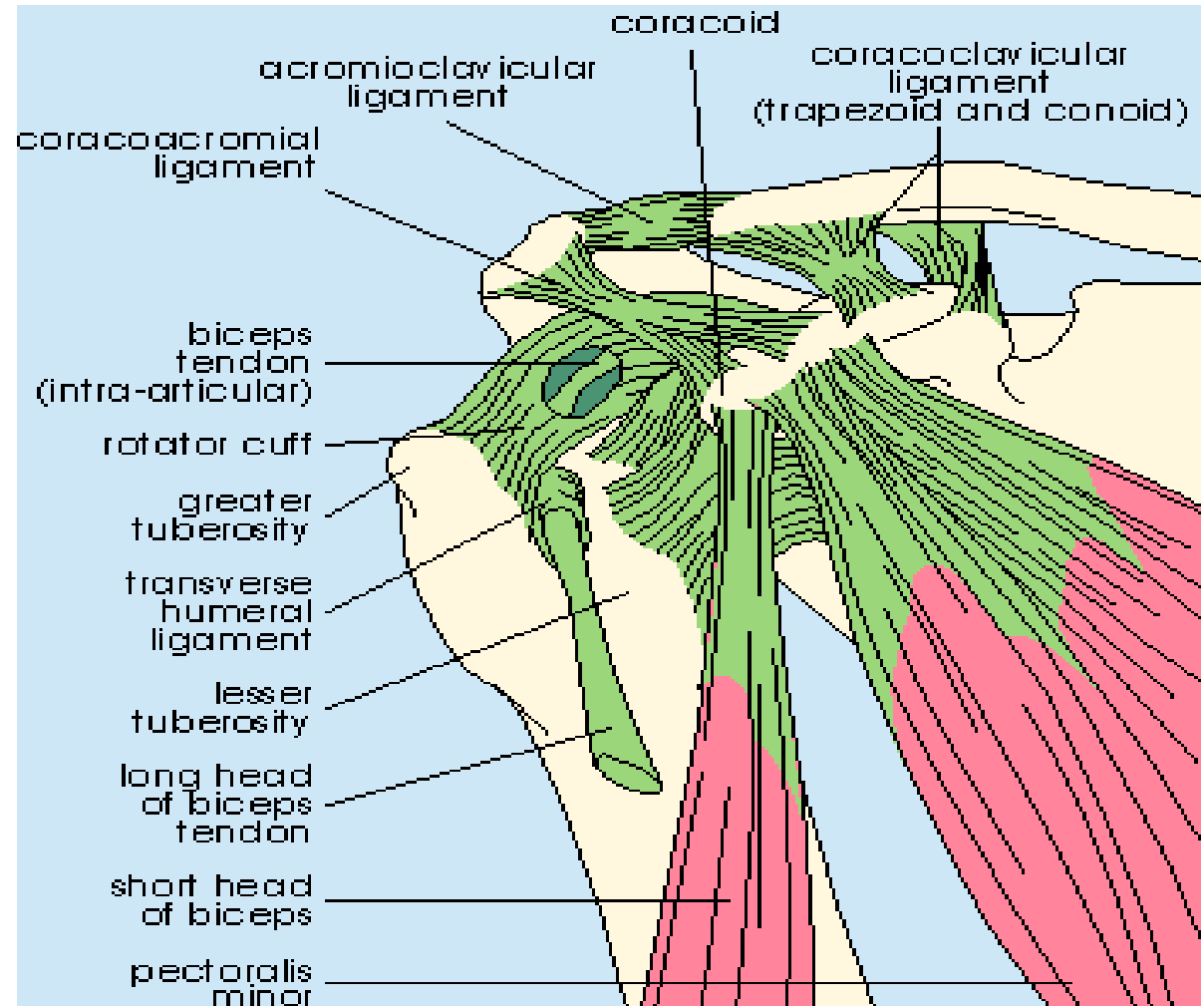
- Tendinitis
- Enthesopathies
- Bursitis
- Myalgias
- Strain/sprain
- Myofascial pain
- Fibromyalgia

Shoulder



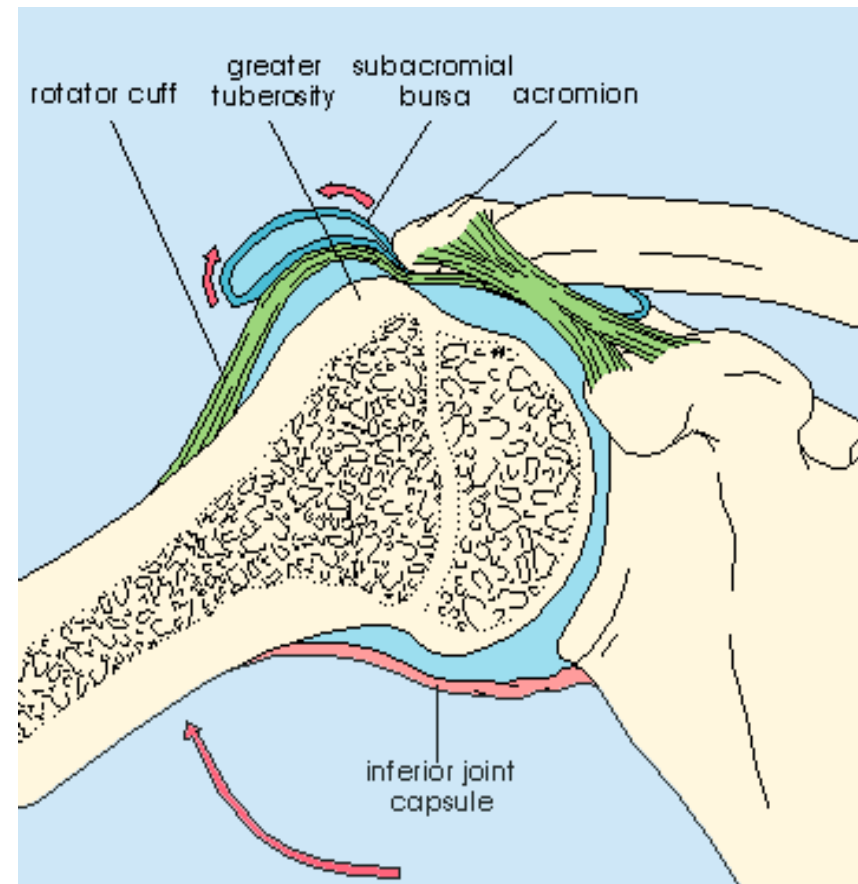
Rotator cuff tendinitis

- Rotator cuff
- function



Rotator cuff tendinitis

- Impingement syndrome
- Frequency
- Causes
- Symptoms
- Physical examination
- Diagnosis
- Treatment



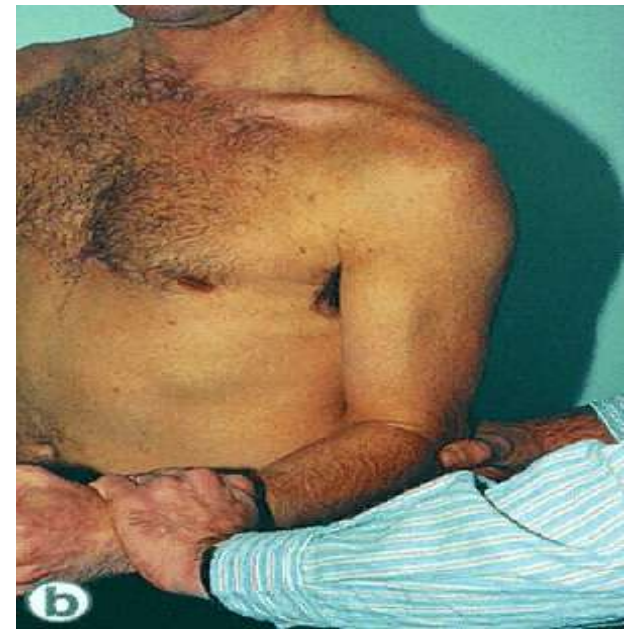
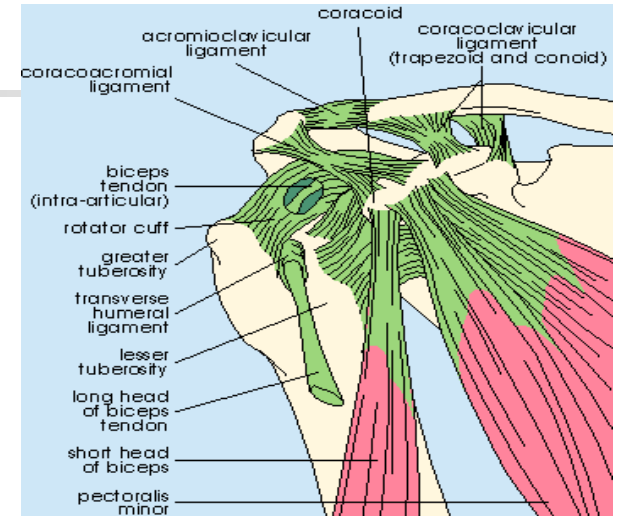


Rotator cuff tear

- Causes
- Symptoms
- Physical examination
- Diagnosis
- Treatment

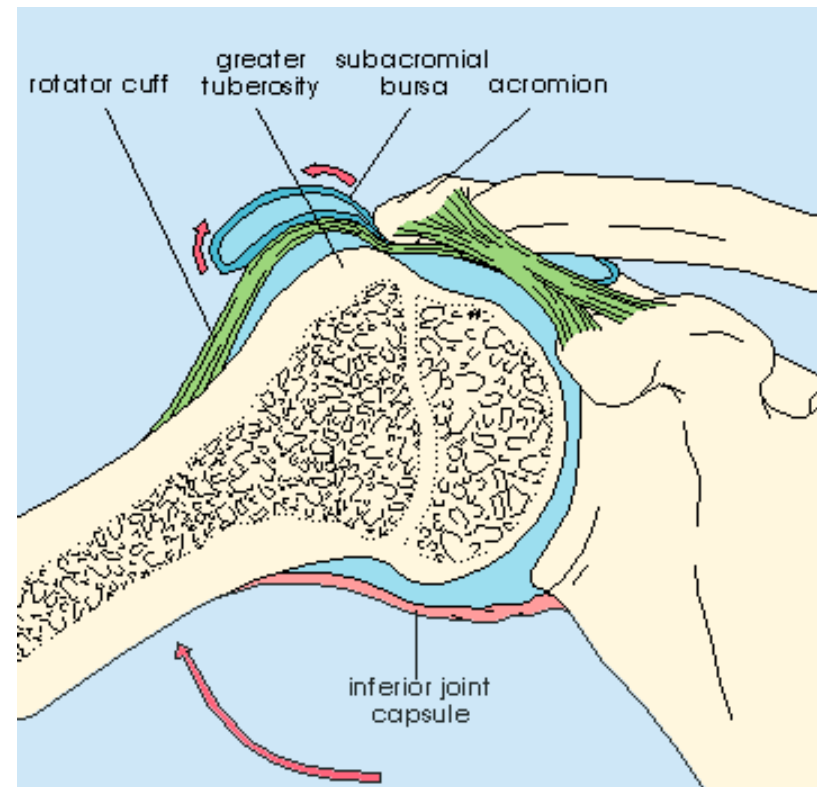
Bicipital tendinitis

- Causes
- Symptoms
- Physical exa.
Yergason's test
- Diagnosis
- Treatment



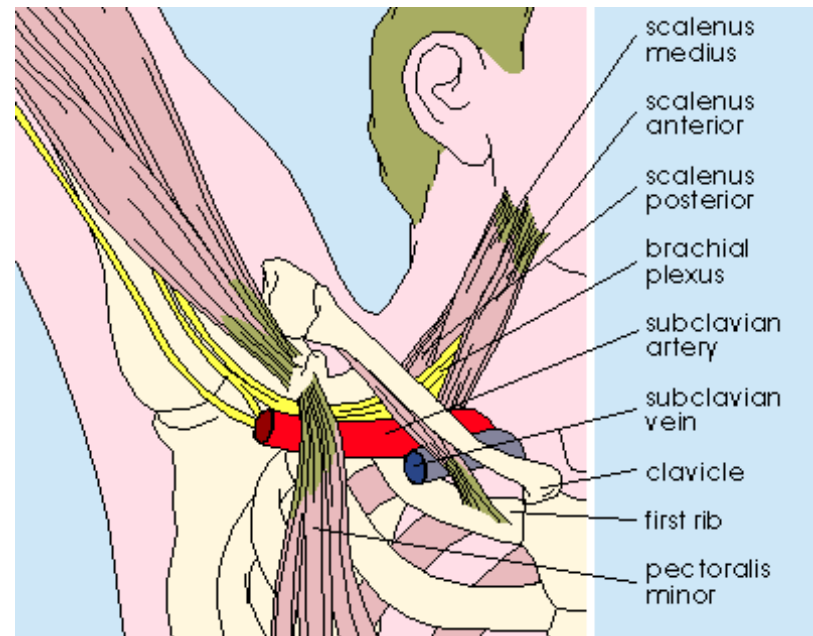
Adhesive Capsulitis

- Causes: DM, Mi, CVA
- Symptoms
- Physical exa.
- Diagnosis
- Treatment
- course



Thoracic outlet syndrome

- Definition
- Causes
- Symptoms
neurologic
vascular
- physical exa.
Adson test
- Diagnosis:
X-Ray EMG MRI

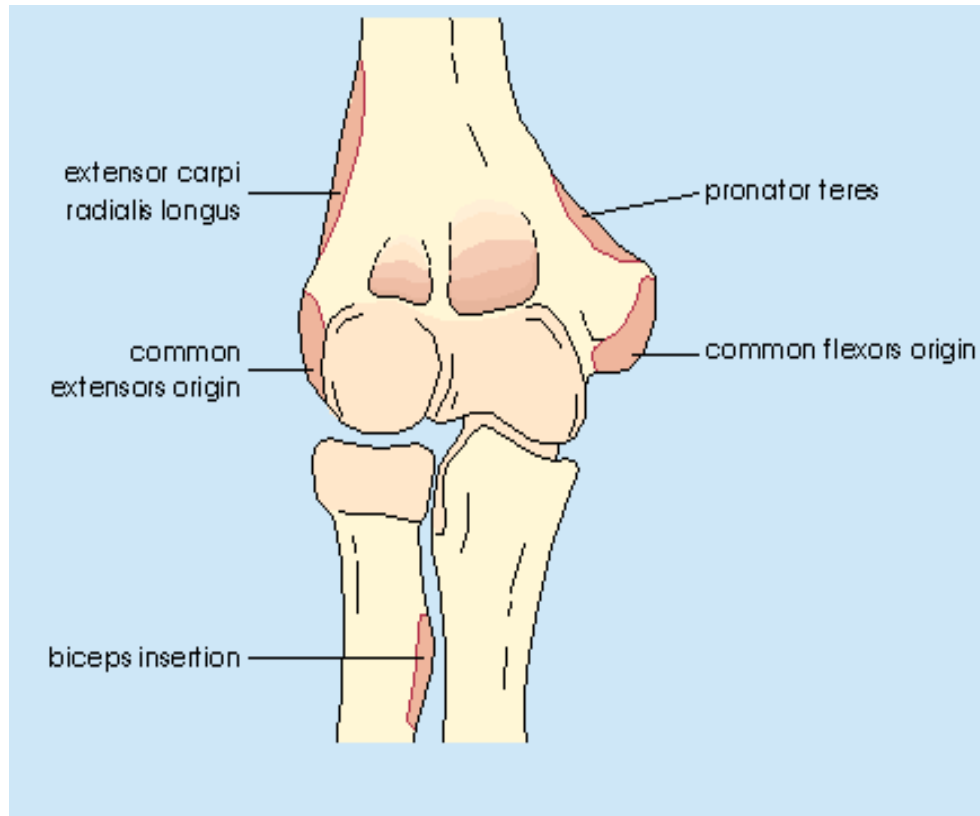


Thoracic outlet syndrome



Fig. 19.3 The Adson maneuver. The patient inhales deeply, extends the neck fully and turns the head to the side being examined. This tests for compression in the scalene triangle and is positive if there is a diminution in the radial pulse.

Elbow



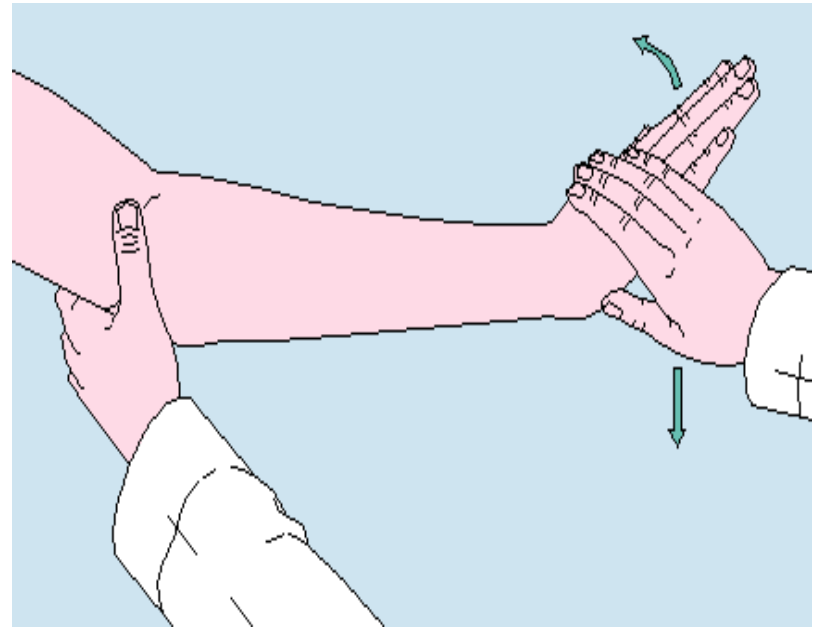
Olecranon Bursitis

- Causes
- Symptoms
- Diagnosis
- Treatment



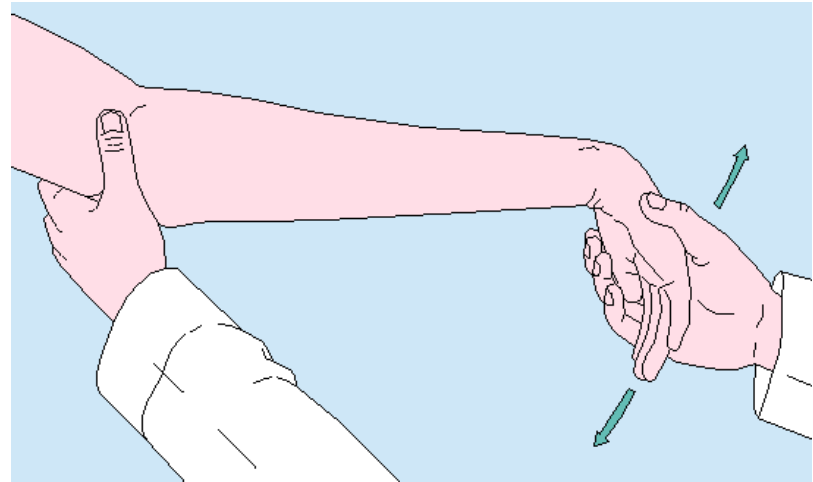
Tennis Elbow

- Causes
- Symptoms
- Physical Exa.
- Diagnosis
- Treatment



Golfer's Elbow

- Causes
- Symptoms
- Physical Exa.
- Treatment





Hand

Synovial cyst and Ganglion

- Definition
- Causes
- Symptoms
- Treatment

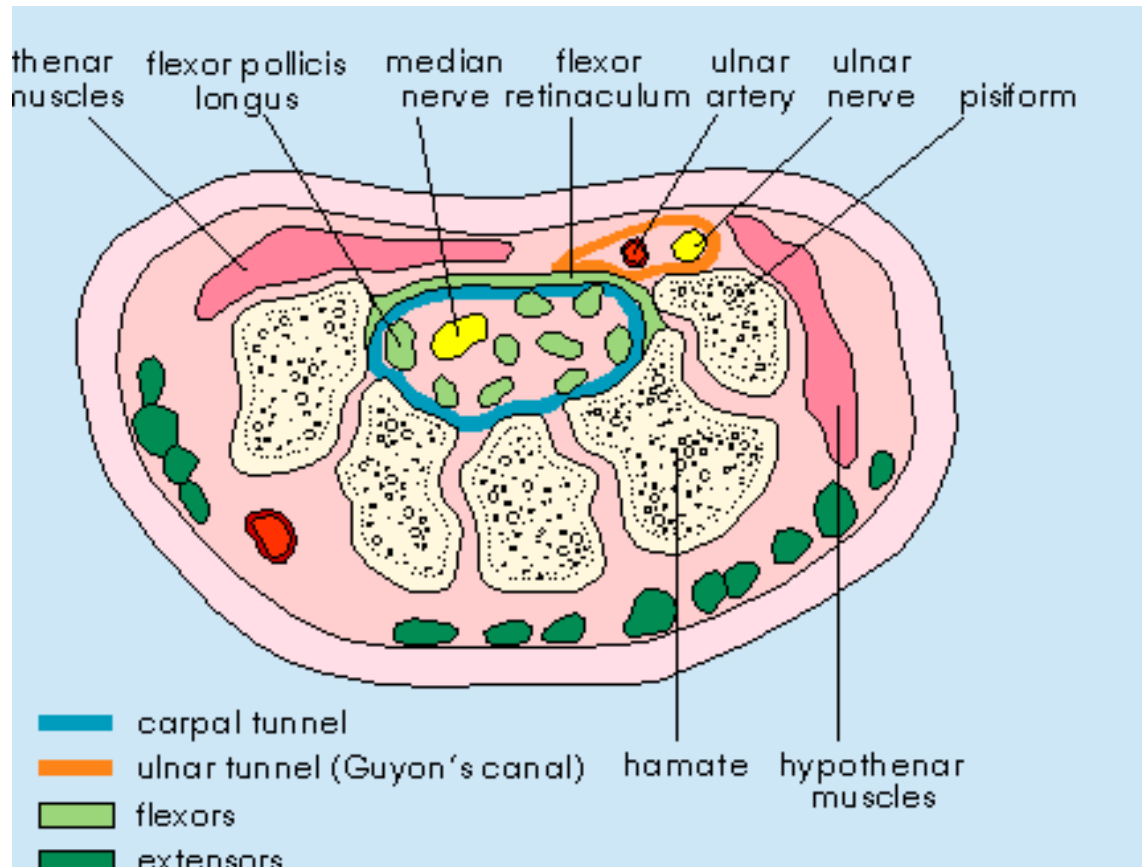


De Quervain's Tenosynovitis

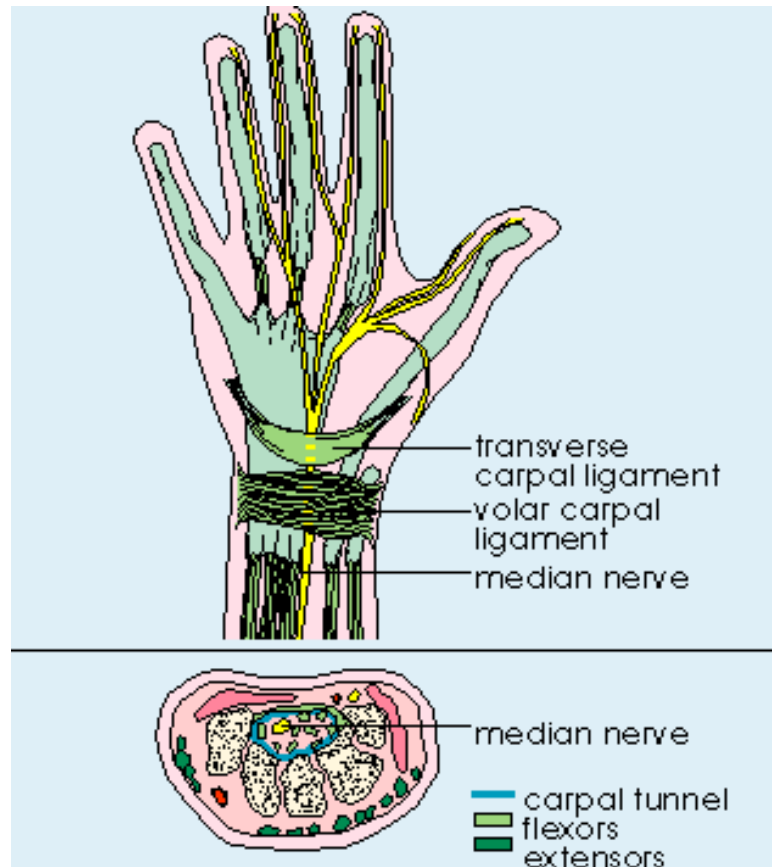
- APL, EPB
- Causes
- Symptoms
- Physical Exam.
Finkelstein test
- Treatment



Carpal Tunnel



Carpal Tunnel





Carpal Tunnel Syndrome

- Causes: pregnancy, trauma, synovitis, hypothyroidism, acromegalia, DM
- Symptoms
- Physical Exam. Phalen's sign
Tinel's sign
- Diagnosis: NCV
- Treatment



CTS





CTS



Dupuytren's contracture

- Definition
- Causes: familial, alcoholism, epilepsy, diabetes
- Treatment



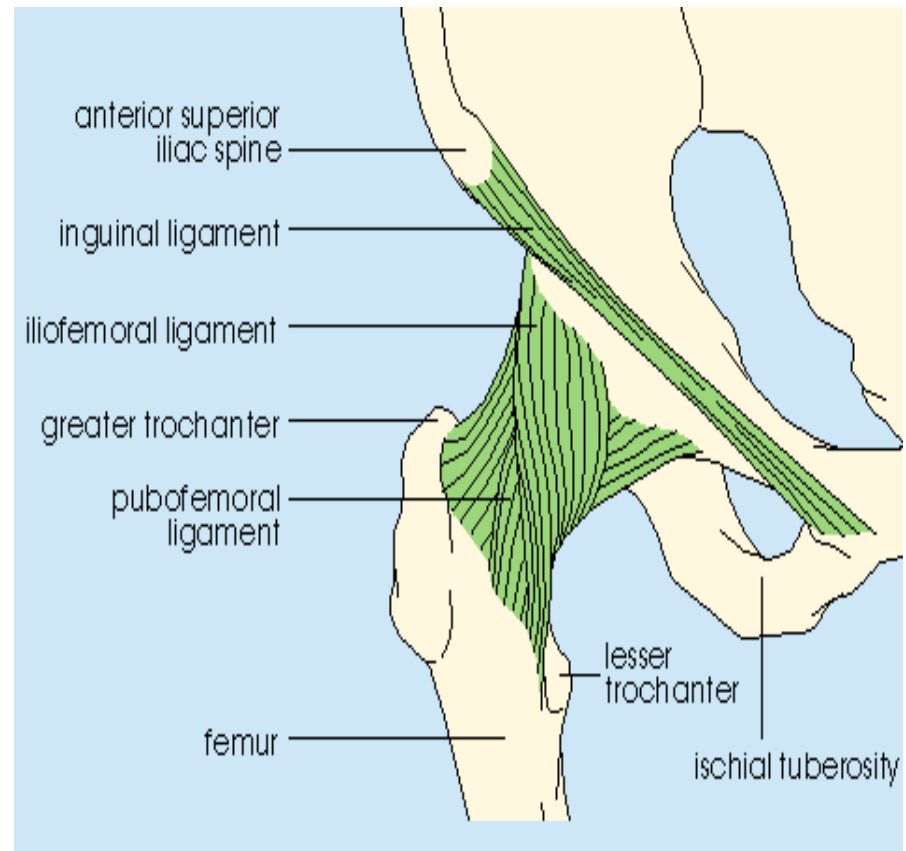


Tietze's syndrome & costochondritis

- Definition
- Age < 40
- Usually one joint
- Costochondral joint 2 & 3
- Causes
- Differential Diagnosis
- Treatment

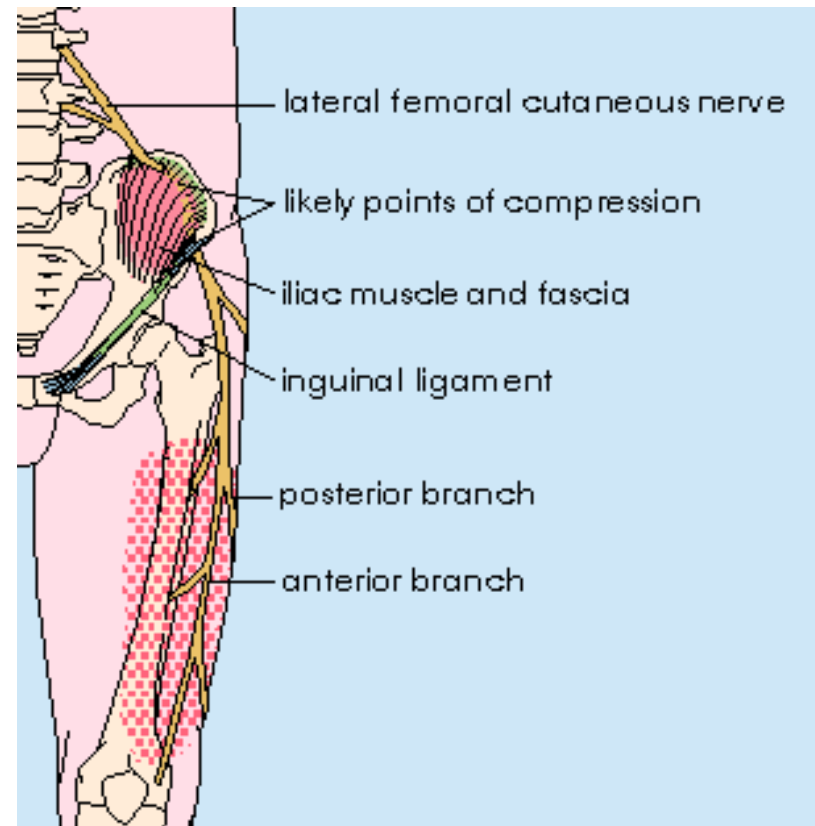
Trochanteric Bursitis

- Definition
- Symptoms
- Physical exam
- Diagnosis
- Treatment



Meralgia Paresthetica

- Lateral Femoral cutaneous nerve (L2-L3)
- Causes: Diabetes, pregnancy, obesity, trauma
- Symptoms
- Physical exam
- Diagnosis



Baker's Cyst (popliteal cyst)

- Definition
- Causes: RA, OA
- Symptoms
- Rupture
- Diagnosis
- Treatment



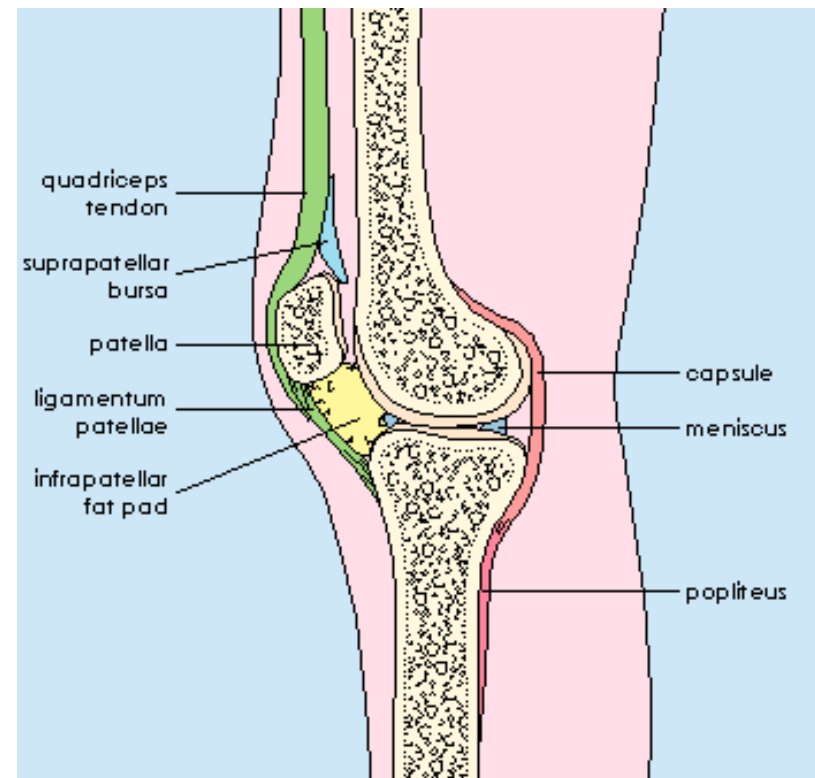


Baker's Cyst



Anserine Bursitis

- Sartorius, Gracilis, Semitendinosus
- Causes
- Symptoms
- Diagnosis
- Treatment





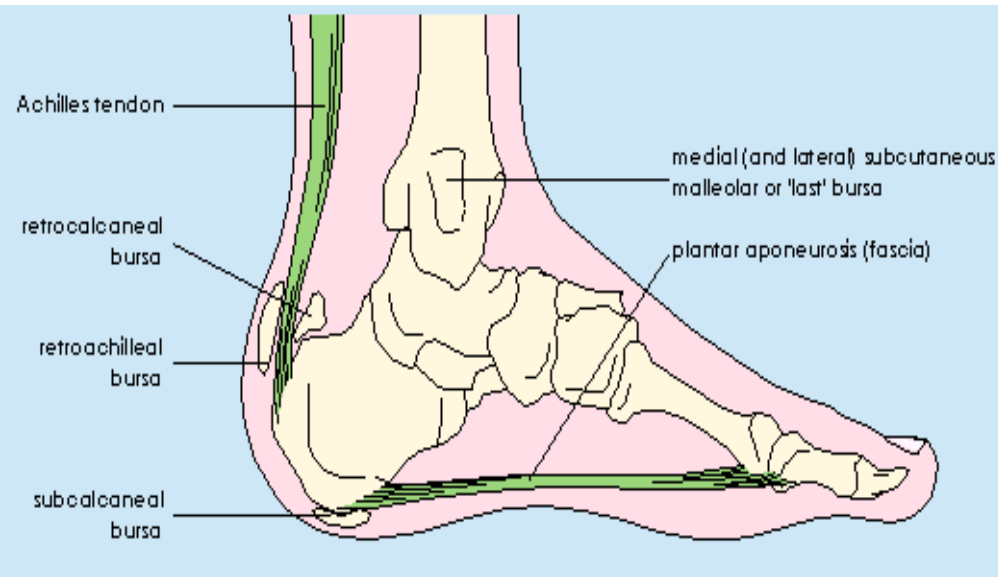
Prepatellar Bursitis

- Housemaid's knee
- Causes
- Treatment



Achill's tendinitis

- Causes
- Symptoms
- Treatment





Reflex sympathetic dystrophy syndrome(RSDS)

- Causalgia,Algoneurodystrophy,Sudeck's atrophy, Complex Regional Pain Syndrome
- Symptoms:Sever pain,Tenderness,Allodynia, Hyperpathia, Swelling,vasomotor changes,
- Three stages
First stage:acute
Second stage:dystrophic
Third stage:Atrophic



RSDS





RSDS Pathogenesis

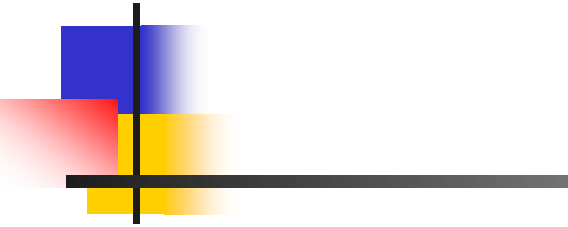
- Causes: Trauma, Peripheral nerve injury, CVA, Mi, Neoplasm, Drugs
- Pathogenesis poorly understood
- Sympathetic hyperactivity



RSDS Diagnosis

- Lab. tests
- X-Ray: Patchy osteoporosis
- Scintigraphy

Reflex sympathetic dystrophy: osteopenia, wrist (radiograph)



Reflex sympathetic dystrophy: hands (bone scan)





RSDS Treatment

- Etiologic treatment
- Analgesic
- NSAIDs
- Corticosteroids
- Calcitonin
- Beta blocker



Fibromyalgia

- **Fibromyalgia** is a commonly encountered disorder characterized by widespread musculoskeletal pain, stiffness, paresthesia, nonrestorative sleep, and easy fatigability along with multiple tender points which are widely and symmetrically distributed.



Epidemiology

- Sex: predominantly women
- Age: mainly in young women
- Prevalence:

Female: 3.4%

Male : 0.5%

Rheumatology clinics:20%



Pathogenesis

- Disturbed sleep
- Low levels of serotonin metabolites in CSF

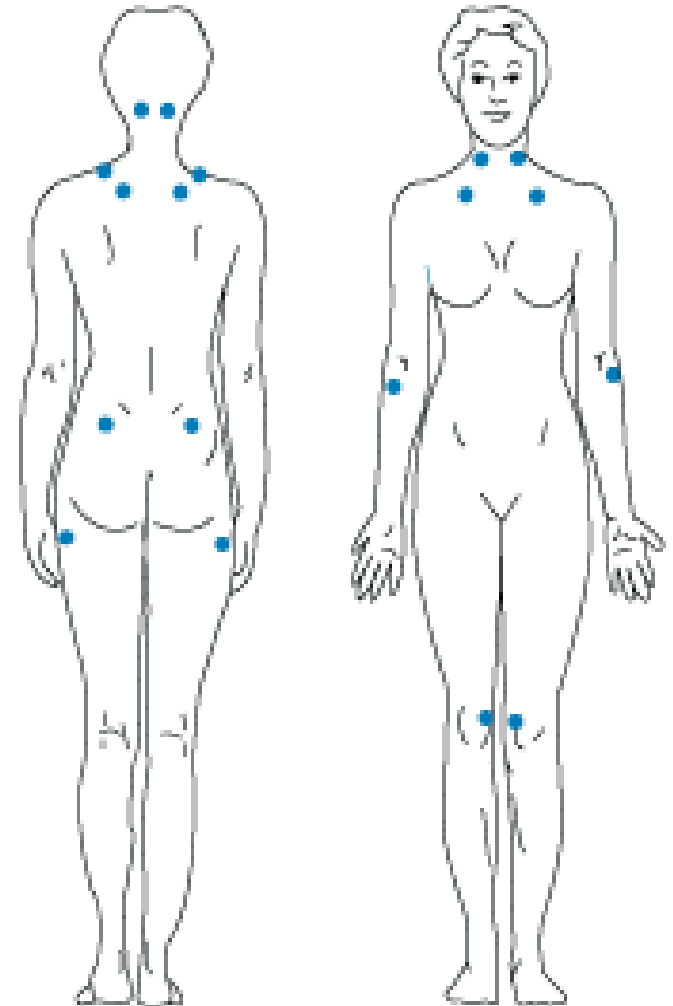


Clinical Manifestations

- Chronic widespread pain
- Fatigue
- Sleep disturbance
- Stiffness
- Paresthesias
- Irritable bowel syndrome
- Raynaud's phenomenon
- Depression
- Anxiety

Fibromyalgi Diagnosis

- Lab. Tests: normal





ACR Criteria

- Widespread Pain
- 11 tender point



Fibromyalgia Treatment

- Body Exercise
- NSAIDs
- Antidepressant