

Unit 5: Soft Tissue Lesions

1. Sprains and Muscle Strains

A 25-year-old athlete with an ankle sprain reports pain during walking. Priya must decide on the initial management.

Challenge: How should Priya manage the sprain?

Possible Solutions:

1. Apply RICE (rest, ice, compression, elevation) protocol.
2. Initiate gentle ROM exercises after 48 hours.
3. Recommend a brace for support during activity.
4. Refer for imaging if recovery is delayed.

2. Capsulitis

A 50-year-old female with adhesive capsulitis reports shoulder stiffness. Priya must plan a treatment approach.

Challenge: How should Priya address the capsulitis?

Possible Solutions:

1. Start with pendulum exercises to improve ROM.
2. Apply heat therapy to reduce stiffness.
3. Refer to a physician for possible corticosteroid injection.

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4. Educate the patient on gradual mobilization.

3. Bursitis

A 40-year-old male with olecranon bursitis presents with elbow swelling. Priya must manage the condition.

Challenge: How should Priya approach the bursitis?

Possible Solutions:

1. Recommend rest and ice to reduce swelling.
2. Assess for infection and refer if suspected.
3. Initiate gentle elbow exercises after inflammation subsides.
4. Educate the patient on avoiding pressure on the elbow.

4. Tenosynovitis

A 30-year-old typist with de Quervain's tenosynovitis reports thumb pain. Priya must plan treatment.

Challenge: How should Priya manage the tenosynovitis?

Possible Solutions:

1. Apply a thumb spica splint to rest the tendons.
2. Recommend ice and anti-inflammatory measures.
3. Initiate gentle stretching after pain subsides.
4. Refer to a hand specialist if symptoms persist.

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5. Fascitis

A 45-year-old runner with plantar fasciitis reports heel pain.
Priya must develop a treatment plan.

Challenge: How should Priya address the fasciitis?

Possible Solutions:

1. Recommend calf and plantar fascia stretching.
2. Suggest orthotic inserts for arch support.
3. Apply ice and massage to reduce inflammation.
4. Refer to a podiatrist if symptoms persist.

6. Tendonitis

A 35-year-old tennis player with lateral epicondylitis seeks help.
Priya must manage the tendonitis.

Challenge: How should Priya approach the tendonitis?

Possible Solutions:

1. Recommend rest and a counterforce brace.
2. Initiate eccentric strengthening exercises.
3. Apply ice and teach self-massage techniques.
4. Refer to a physician for possible injection therapy.