
SNS COLLEGE OF PHYSIOTHERAPY

COIMBATORE - 641035

COURSE NAME: CLINICAL ORTHO

TOPIC: SOFT TISSUE INJURY

SUBJECT CODE: 746283

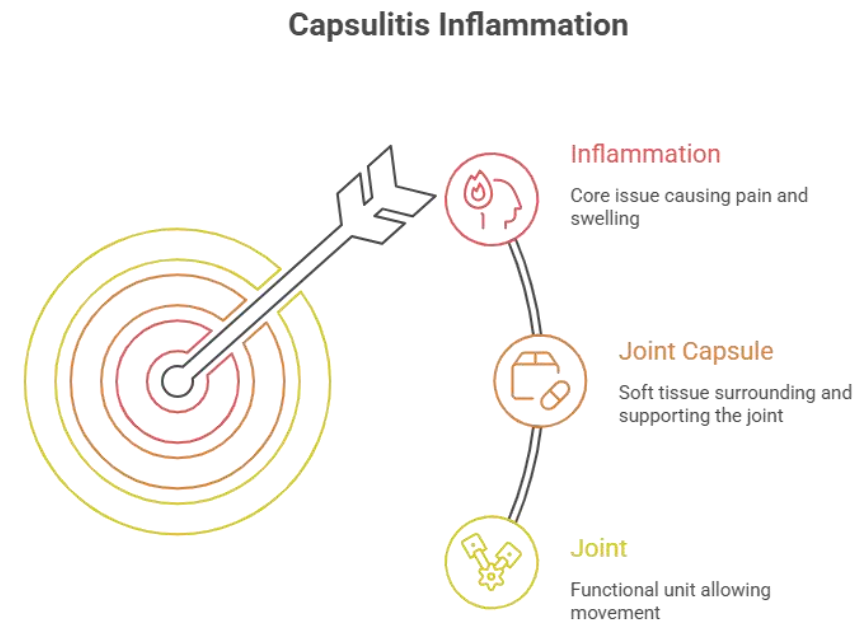
Soft Tissue Injury

Capuslitis

Definition: inflammation of the joint capsule
Capsulitis means **inflammation (swelling and irritation)** of the **joint capsule**—this is the soft tissue that surrounds a joint and helps hold it together.

Pathomechanics

If the inflammation isn't treated or goes on too long, the body starts to produce too much scar-like tissue (called **fibrous tissue**) in the joint. This leads to **capsular fibrosis**, which makes the joint stiff and limits its movement.



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Causes: potential causes of inflammatory
(which can lead to capsulitis)

Rheumatoid arthritis

Gout

Psoriatic arthritis

Ankylosing spondylitis

Systemic lupus erythematosus

Juvenile chronic arthritis

**Calcium pyrophosphate dehydrate
deposition**



Bursitis

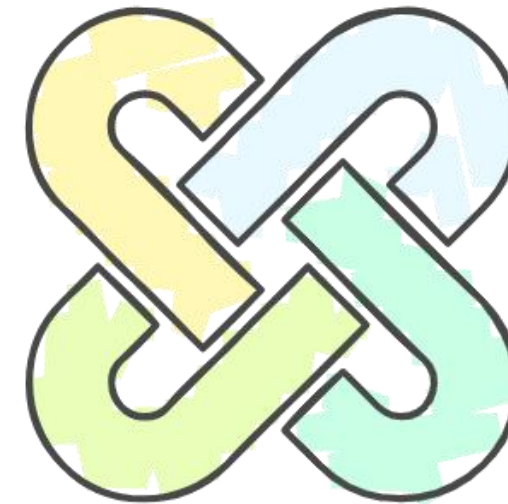
Definition: defined as **sacs lined with membrane similar to synovium**, located over the joints and bony prominences, which may or may not communicate with the joint

Bursae are small, flat, fluid-filled sacs lined with synovial membrane. They act as cushions between bones and soft tissues like tendons or muscles, reducing friction and allowing smooth movement—especially at joints or areas where tendons glide over bones.

Understanding Bursae

Joint Protection
Shields joints from excessive pressure

Smooth Movement
Facilitates easy gliding of tendons over bones



Synovial Membrane
Lines the bursae, similar to joint lining

Cushioning
Reduces friction between bones and soft tissues

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Causes

Trauma, which may be a single blow or repetitive trauma

Excessive pressure or friction

Overuse

Repetitive low-level compressions, which can irritate the tissue

Mechanical irritation

Infection, which can be acute or chronic (e.g., TB)

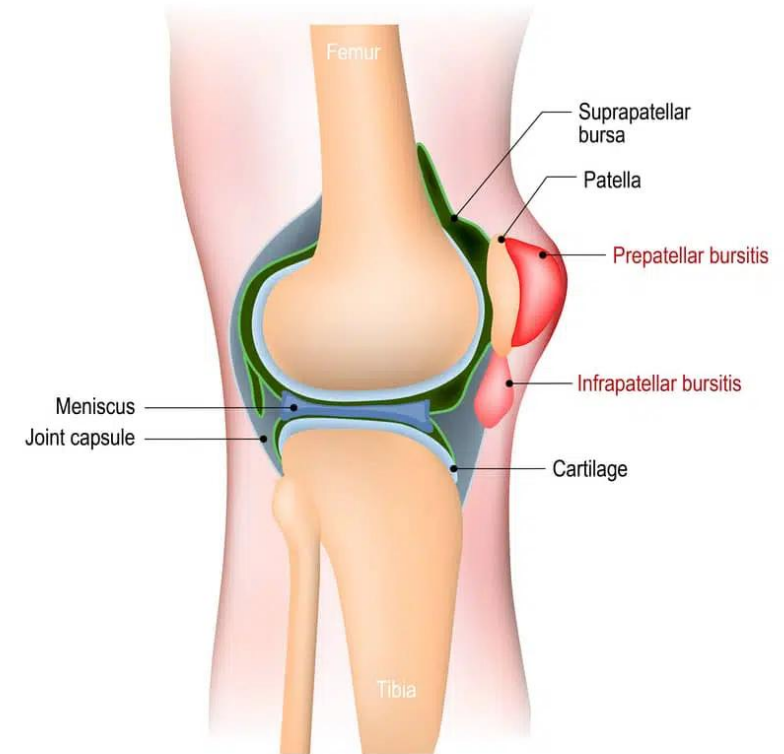
Metabolic disorders, e.g., gout

Inflammatory disorders, e.g., rheumatoid arthritis.

Unaccustomed activity, exercise, or ill-fitting shoes.

Due to excessive pressure, friction, etc. (e.g., olecranon bursitis, student's elbow)

Bursitis



Common Sites: Bursitis can affect various locations in the body

Upper Limbs:

Shoulder:

Subacromial bursitis is the inflammation of the subacromial bursa, a fluid-filled sac located between the acromion (part of the scapula) and the supraspinatus tendon of the shoulder.

It acts as a cushion to reduce friction during shoulder movements—especially abduction and overhead activity..

Elbow:

Olecranon (student's elbow, miner's elbow, draughtsman elbow) between the common extensor origin and radiohumeral joint

Lower Limbs:

Knee: Prepatellar (housemaid's knee), infrapatellar (clergyman's, parson's, carpet layer's, or vicar's knee), bursa anserine, semi-membranosus bursa, bursae around the knee in general

Trochanteric Bursitis

Inflammation of the bursa located over the greater trochanter of the femur.

Ischial Bursitis (Weaver's Bottom)

Inflammation of the bursa located over the ischial tuberosity.

Gluteal Bursitis

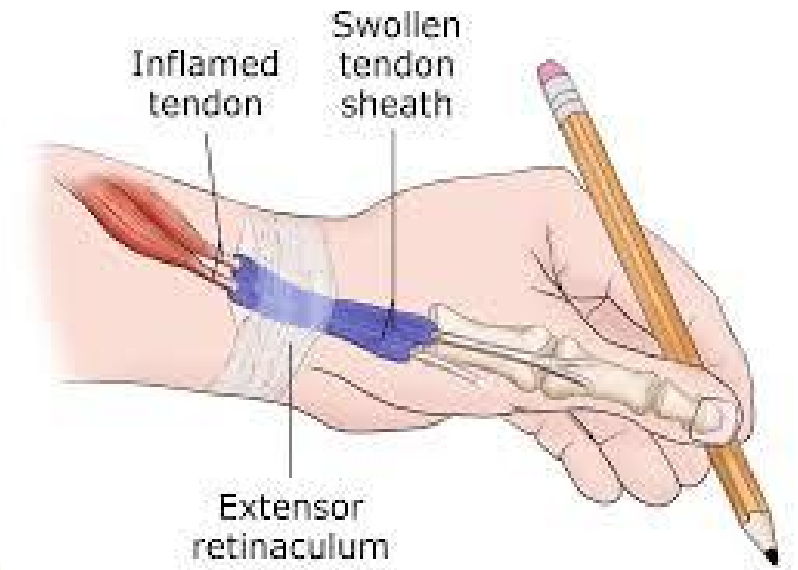
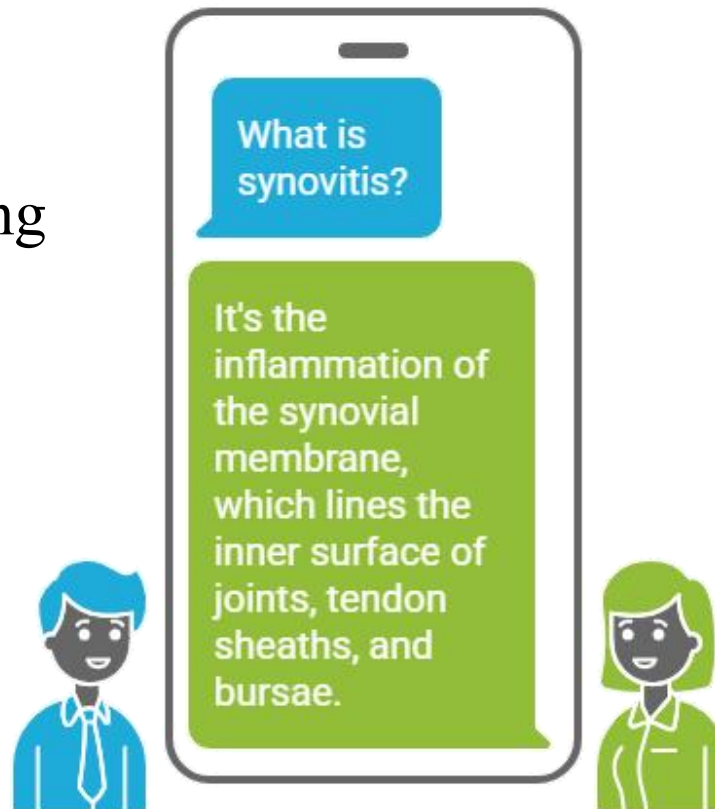
Inflammation of the bursa near the insertion of the gluteal muscles, often overlapping with trochanteric bursitis.

Synovitis Explained

Tenosynovitis

Definitions: Tenosynovitis is an inflammation of the synovial lining of the tendon sheath .

These are serious infections and are due to infection of the fibrous sheaths and synovial lining of the flexor tendons of the hand

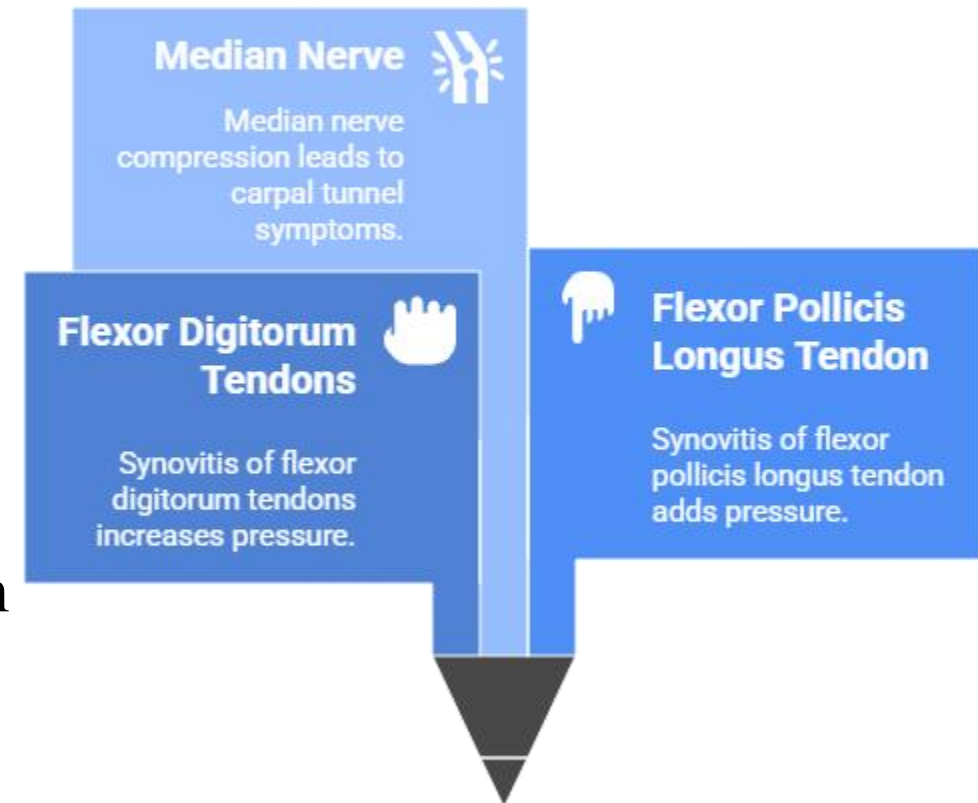


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Carpal tunnel syndrome: Synovitis of the flexor digitorum superficialis and profundus tendons (in a common sheath) and the flexor pollicis longus tendon (in an independent sheath) within the carpal tunnel can generate pressure on the median nerve, leading to carpal tunnel syndrome

Pathology: In irritative tenosynovitis, there is watery effusion due to sheath inflammation. There is pain and crepitus on palpation, but movements are not affected, and there are no adhesions

Pathways to Carpal Tunnel Syndrome



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