

MUSCULAR PAIN

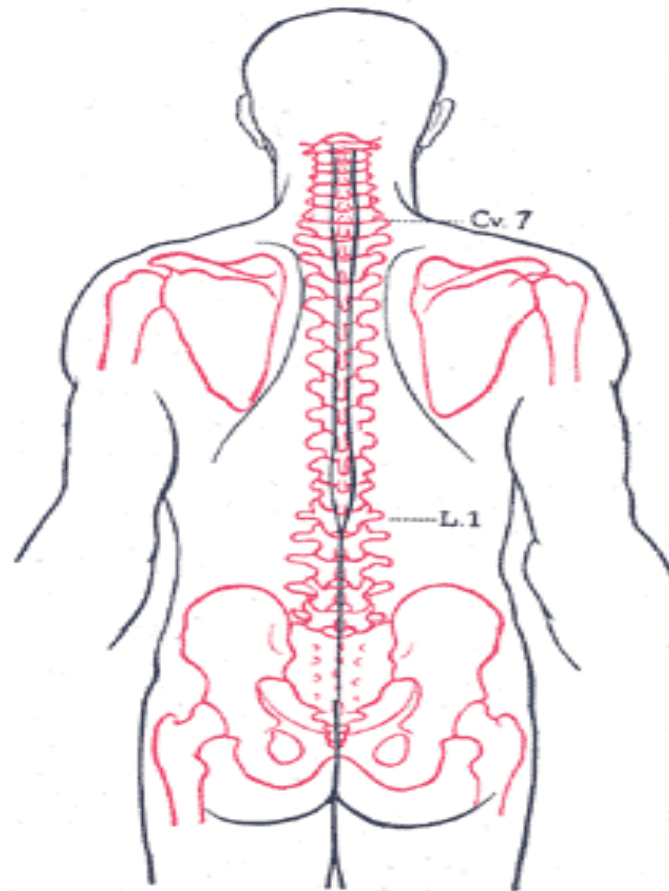
Neck – Back Pain

Age matters

- Muscles get stiffer with age
- Joints also get stiffer- we don't bend down to the floor so easy
- Tendons get stiffer and "worn out"

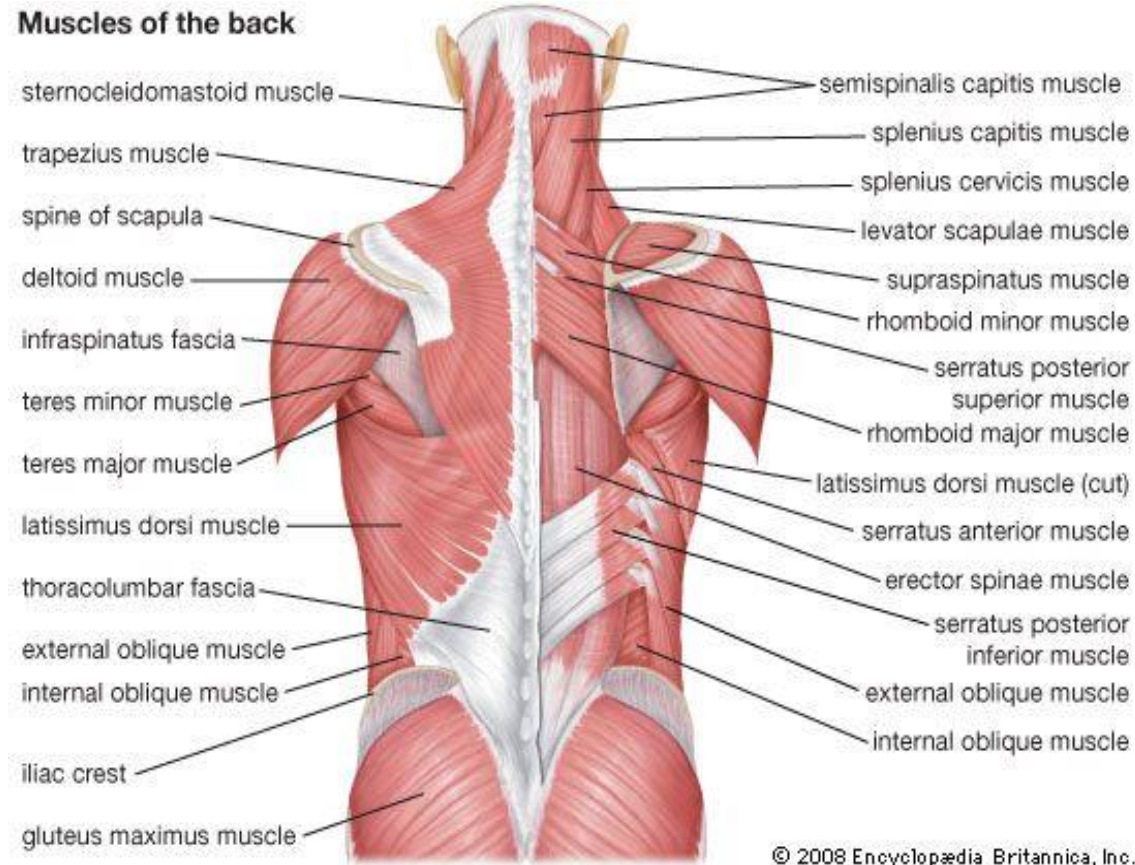
- The older we get the more difficulties do we have moving.
- All this together makes you more vulnerable to trauma and pain.

Anatomi

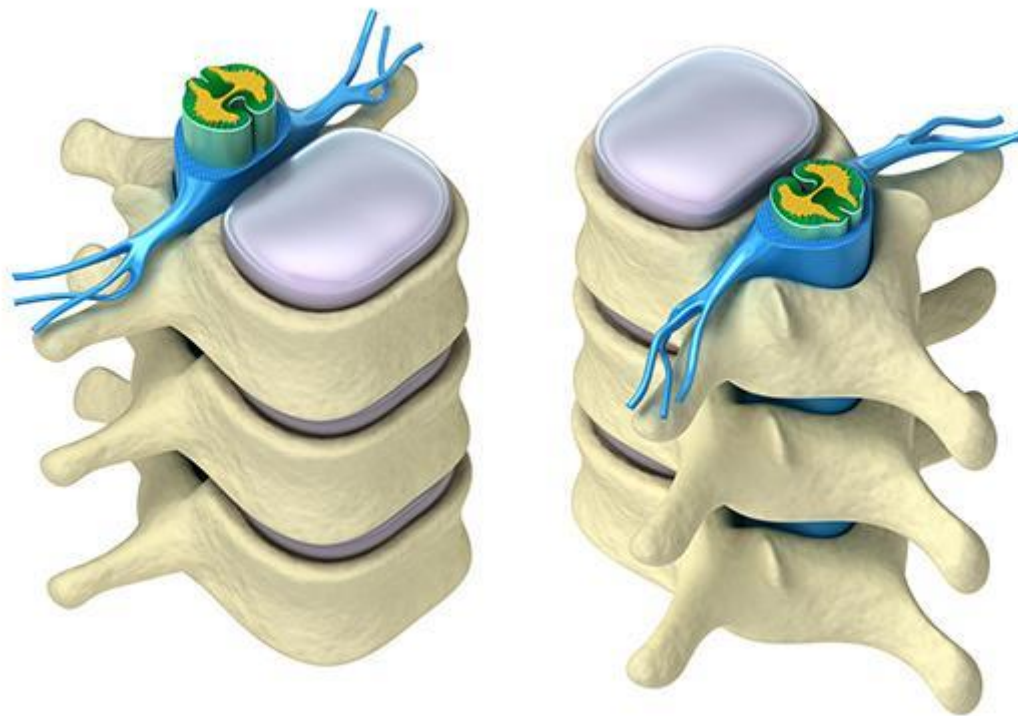


Muscles of the back

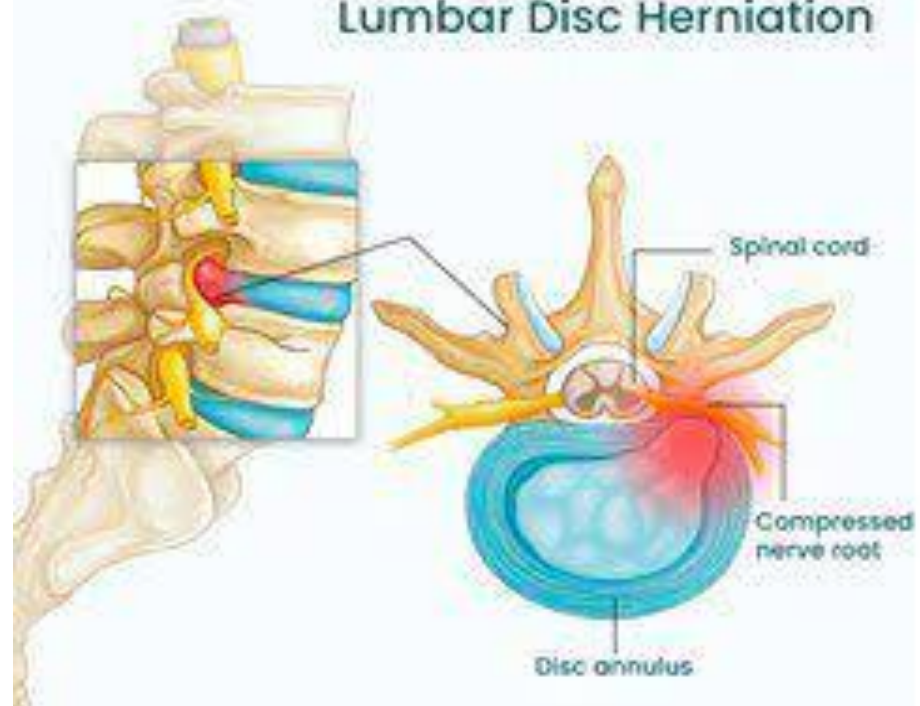
Muscles of the back



Vertebrae and disc



Lumbar Disc Herniation

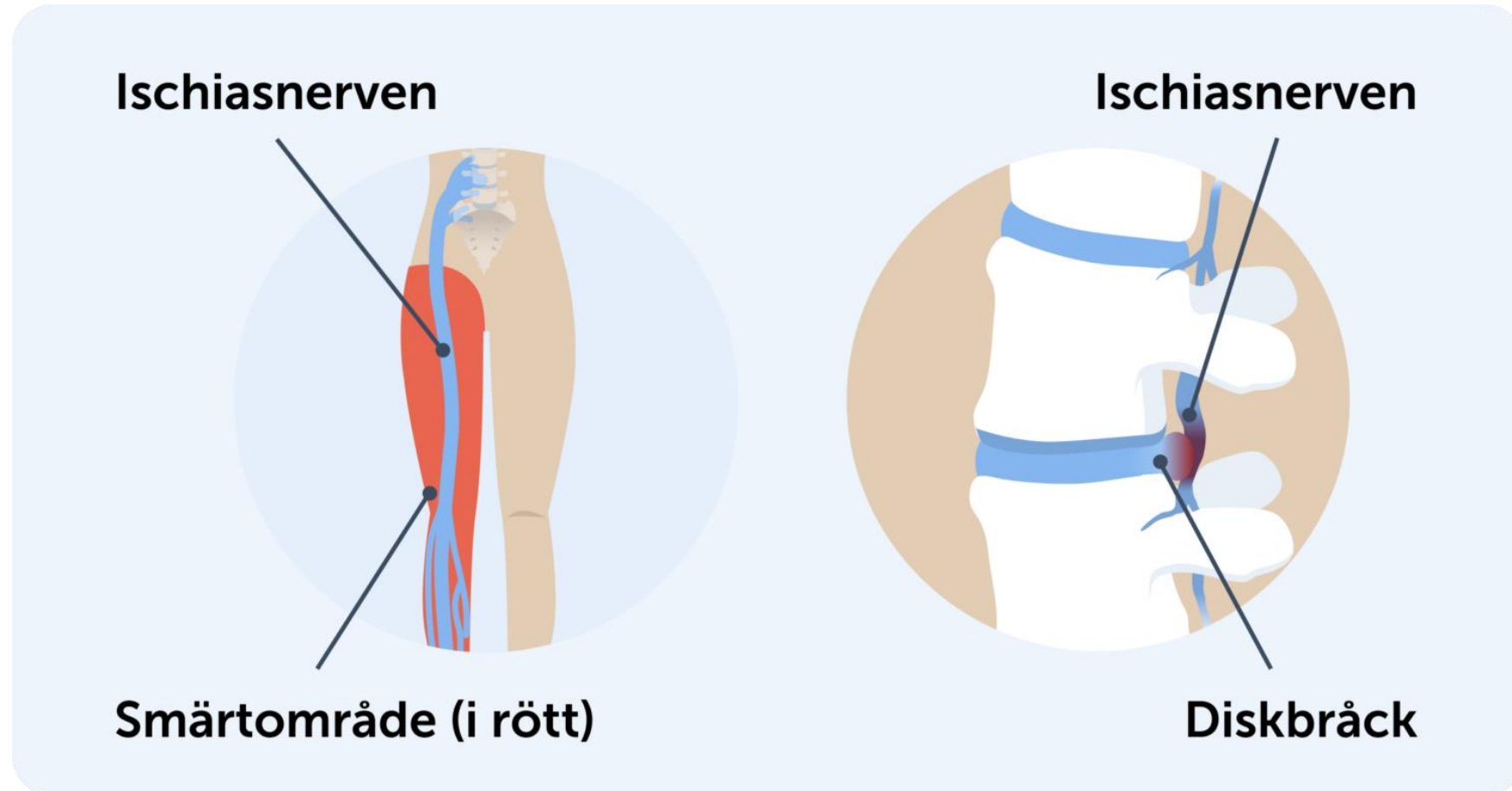








Ischias nerve



CLINICAL SIGNS

- Pain follows the nerve
- L4, L5, S1
- Can't walk on toes or heels
- Reflexes are affected
- Muscles strength can be affected
- Bladder function can be affected
- Lasegues test

TREATMENT

- Conservative in the first place 3 months
- Operation if the nerves are affected with muscle palsy
- Bladder affection is an acute operation indication

- Most patient get better with physiotherapi

JOINT PAIN - ARTHROSIS

- Hip arthrosis clinically features
- Stiffness of the hip TEST IT!!!
- Pain in the groins when walking
- Inability to walk properly without limping
- Pain even at rest – indikation for operation

NORMAL HIP



HIP ARTHROSIS



HIP REPLACEMENT



ANOTHER HIP REPLACEMENT



KNEE

Anterior view of the right knee





Friskt Knä



Artros i Knät

KNEE ARTROSIS

- Clinical Features
- Pain when walking
- Swollen Knee
- Stiff Knee. Extension most important
- In the end pain when resting

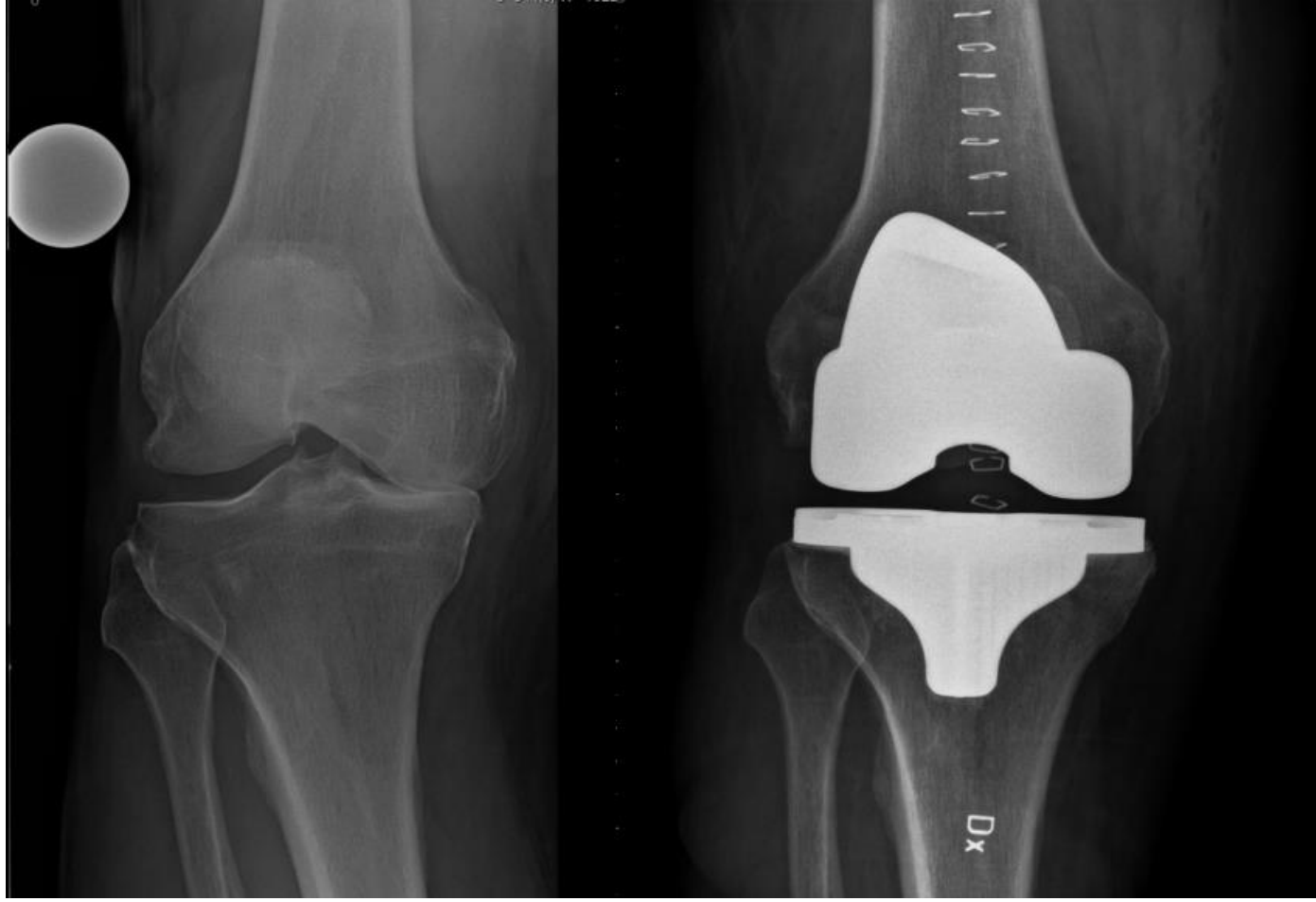
NORMAL KNEE FRONT and SIDE



TREATMENT

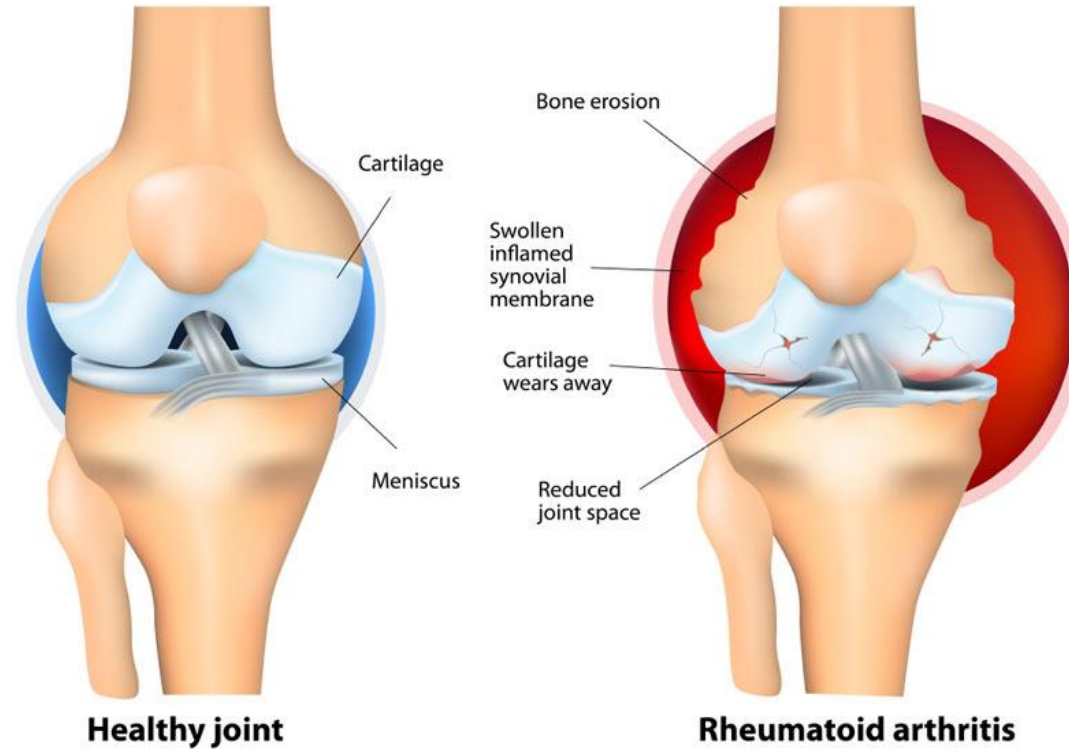
- Physiotherapie excercises for the knee
- The cartilage get is nourishing from pressing together
- Increase mobility
- Increase strengt
- NSAID
- Knee replacement



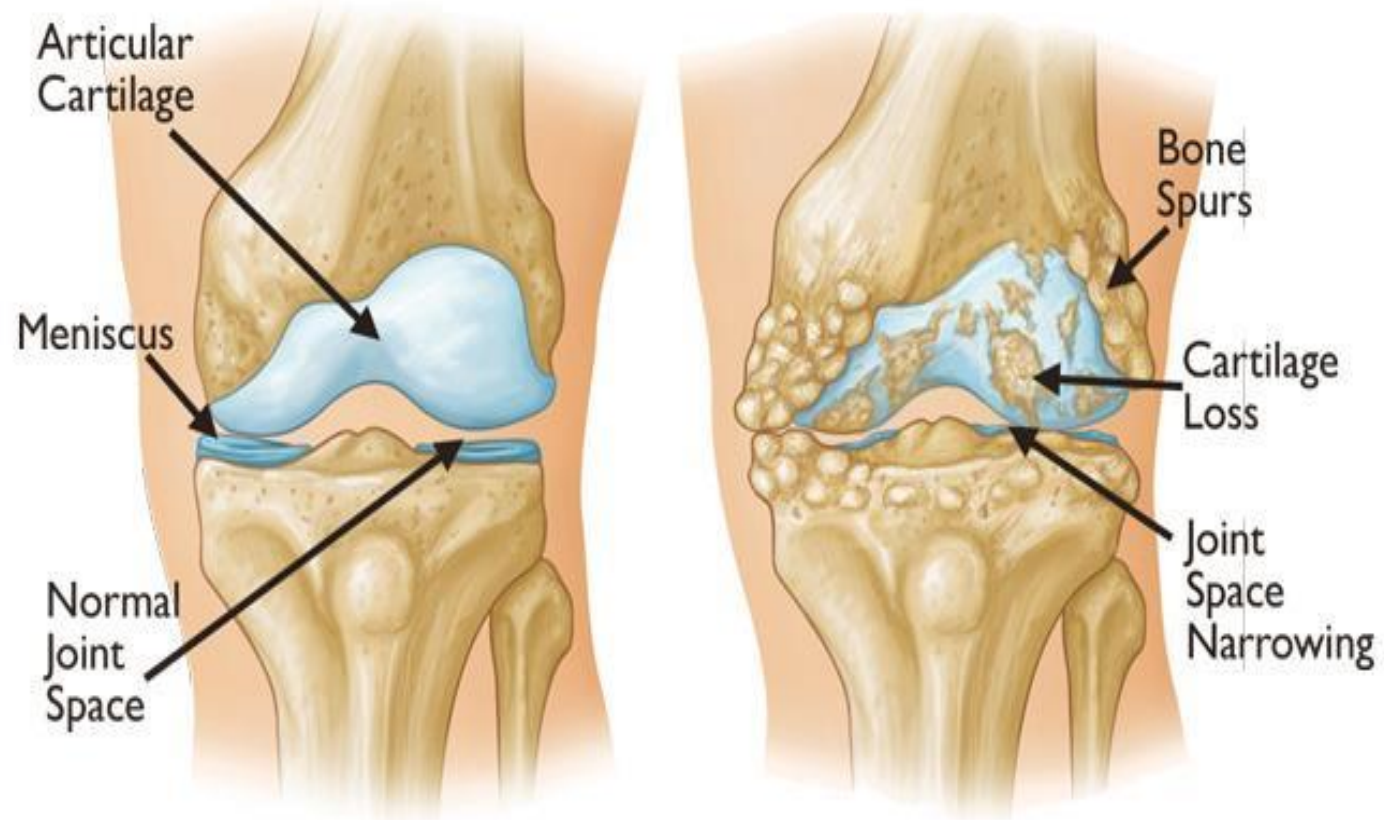


ARTHRITIS

RHEUMATOID ARTHRITIS



ARTHRITIS



TREATMENT

- Corticosteroids injected in the knee
- Physiotherapie
- Oral corticosteroids
- Biologycal treatment
- Replacement of the Knee