

Key Takeaways from Workshop on Soft Tissue Rheumatism

1. Tendinopathies: Understanding and Prevalence Tendinopathies/ tendinitis are common in clinical practice and often present as chronic pain syndromes.
2. Accurate diagnosis requires a detailed history, clinical examination, and sometimes imaging to rule out structural damage
3. Management of tendinopathy includes rest, activity modification, and ice application. Pharmacological treatment may involve NSAIDs and very rarely corticosteroid injections.
4. Emphasis on physical therapy: eccentric exercises play a critical role in rehabilitation.
5. Myofascial trigger points are taut bands within muscles that can cause referred pain. Accurate identification involves palpation for tender nodules and assessing pain referral patterns.
6. Techniques for Releasing Trigger Points: Manual techniques such as sustained pressure, stretching, and soft tissue mobilization were demonstrated.
7. Need to address underlying biomechanical and postural factors
8. Dry needling is an effective modality for releasing trigger points and relieving pain. Proper technique, including the correct depth and angle of needle insertion, is essential for safety and efficacy.
9. Comprehensive Approach to STR: Multimodal treatment strategies combining pharmacological, physical, and interventional therapies yield the best outcomes.
10. Patient education on ergonomic modifications and preventive measures is crucial to prevent recurrence.

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