

Enthesopathy

Entesopathies are pain syndromes caused by inflammatory + degenerative processes in the area of tendon, ligament and joint capsule attachments.

The most common ones are:

- Achilles tendon enthesopathy + plantar aponeurosis on the heel bone (calcaneus).
- Enthesopathy of the gluteus medius muscle on the trochanter major
- Enthesopathy of attachment of the hand extensors to the radial epicondylus (*radial epicondylitis, tennis elbow*).
- Enthesopathy of attachment of hand flexors to ulnar epicondylus (*ulnar epicondylitis, golfer's elbow*).

Therapy

- - Elimination of provocative factors.
 - NSAIDs locally + systematically .
 - Local instillation of glucocorticoids .
 - Rehabilitation (physical procedures).

References

Literature

- DÍTĚ, P., et al. *Vnitřní lékařství*. 2. vydání. Praha : Galén, 2007. ISBN 978-80-7262-496-6.