

## Joint Problems

Peripheral joints include all the joints of the body that are not part of the spine. Commonly injured joints include knees, ankles, shoulders, elbows and wrists. Peripheral joints can be injured through trauma, degeneration (general wear and tear), repetitive activities (like tennis elbow), overuse, and through over-loading the joint. Joints may also be injured as a result of a disease process or systemic condition (such as rheumatoid arthritis or gout). Injuries to these joints may include dislocations, subluxations, sprains, strains and tears. They may also include inflammatory conditions such as rotator cuff tendonitis, trochanteric bursitis and degenerative conditions like arthritis. Our physiotherapists can assist by accurately diagnosing the injured area, and addressing the correct course of treatment. This may include, stretching, joint mobilisation, massage and soft tissue release techniques, exercise prescription to improve strength, flexibility and endurance, and education about your condition, expected healing time, prevention of re-occurrence and maintenance.