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General Practice Sports Medicine



What is common in General Practice

- Shoulders
- Knees
- Ankle sprain
- Hips- + glut enthesopathy
- Tennis elbow
- Plantar fascia
- Exercise prescription
- Concussion
 - Prednisolone protocols
 - Imaging –always x ray, occas US, MRI -

Shoulders

- “AC”
 - AC Joint
 - Adhesive capsulitis
 - And cancer
 - And cuff

Shoulders

- History- onset- acute V gradual
 - Site of pain
 - Night pain
- Examination
 - Abduction “talk through”
 - Horizontal adduction
 - External rotation
 - Strength
 - Impingement
- Imaging- x ray- us, us guide injection-ACJ, hydro, MRI

Shoulders

- ACJ
- Cuff- ?operate-young-<60?70; night pain
- Stability-
 - Acute
 - Longer term

Knees

- History- onset- acute V gradual
 - Site of pain
- Examination
 - Squat
 - Effusion is critical
 - Where is it tender

 - ?stability
- Imaging- x ray essential- “never” us, MRI

Knee

- OA
- OA-presenting a bit differently
- OA- ..

- PFJ + med compartment

What is common in General Practice

- Ankle sprain history is critical-no POP
- Hips- + glut = enthesopathy not bursitis
- Tennis elbow -examination
- Plantar fascia-examination
- Exercise prescription start low go slow
- Concussion conservative always
 - Prednisolone protocols
 - Imaging –always x ray, occas US, MRI -

What is common in General Practice

- Ankle sprain history is critical-no POP

What is common in General Practice

- Hips- + glut = enthesopathy not bursitis

What is common in General Practice

- Tennis elbow –examination

What is common in General Practice

- Plantar fascia-examination

What is common in General Practice

- Exercise prescription
 - start low go slow
 - Risk factors respect

What is common in General Practice

- Concussion conservative always
 - Prednisolone protocols
 - Imaging –always x ray, occas US, MRI -

What is common in General Practice

- Prednisolone protocols
 - 25mg/day 10days
- Imaging –always x ray, occas US, MRI -

What is relevant in General Practice

- What is current
 - Blood product injections PRP
 - Synvisc-\$400/ 50%
 - Hydrodilatation
 - Shock wave therapy

What is common in General Practice

- House-keeping
 - Imaging – MRI
 - \$,
 - let patients decide if is too expensive or not rather than not suggesting to save them costs-“good information and no radiation”
 - where,
 - when,
 - restrictions
 - Sport and Exercise medicine as speciality-