

Malfunctioning of Ligaments

Shweta Sachin Ramteke

Karama Medical Center, Dubai (uae)

Malfunctioning of ligaments can lead to various orthopedic painful conditions, which many a times go unrecognized and unattended.

Want to highlight this disorder of human body its effect and remedy.

Malfunctioning could be:

- a) Ligament laxity leading to hyper mobility and disorders
- b) Stiffness of the ligaments leading to disorders.

Hyper mobility: Genetically it runs in family which can be recognized by Components of the Beighton scale.

The effects are dorsal kyphosis, excessive lumbar lordosis, protrusion of Neck.

The aim of physical therapy in hyper mobility syndrome is to approach the muscle inhibition, atrophy and the reduced joint control caused by the joint pain. Another important step in treating hyper mobility syndrome is education. Without this education patients will continue to go over the normal joint range and their extreme joint range can cause a more unstable joint.

It is necessary to encourage an active lifestyle, so give for example a schedule with exercises.

Stiffness of ligaments leads to disorder called Diffuse **idiopathic skeletal hyperostosis (DISH)** an ossifying spinal disorder. DISH is thought to be a non-inflammatory, systemic disease characterized by continuous *ossification*. It characterized by unique, flowing calcification along the sides of the contiguous vertebrae of the spine The anterior longitudinal ligament of the spine is most commonly affected.

The most common symptoms are mild to moderate pain and stiffness usually present 4th decade onwards.

DISH can also affect your neck and lower back. Common symptoms are **Stiffness**,

Pain, Loss of ROM, Difficulty swallowing or a hoarse voice.

Risk factors are: Sex, Old age, Diabetic, prolonged use of certain medications, obesity.

Therapy and treatment for DISH is based on the individual's presentation of symptoms due to the lack of well-designed studies supporting its management.

If recognized early patient can be saved from misery by physical therapy in timely intervention to avoid the further complications leading to arthritis.

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***Corresponding author:** Shweta Sachin Ramteke, Karama Medical Center, Dubai (uae); Email: borkarshweta41@gmail.com

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PHYSICAL THERAPY helps in decreasing stiffness associated with idiopathic skeletal hyperostosis. ROM of the joints can be improved with the help of exercises.

In the case study patients suffering from these malfunctioning of ligaments will be observed and the treatment given to them will be discussed.