

## Common injuries, diseases and pain syndromes of the musculoskeletal system in athletes and ballet dancers: effective treatment with ultrasound-guided injections

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In this presentation, I will provide a brief overview of common injuries, disorders and pain syndrome that affect the musculoskeletal system in athletes and ballet dancers. My discussion will focus on the following pathology:

**Shoulder joint and upper arm:** Damage to the supraspinatus tendon; Adhesive capsulitis; Pain in the interscapular area caused by compression of the dorsal scapular nerves.

**Lumbar region:** Facet syndrome; Nonspecific back pain; Pain caused by compression of the superior cluneal nerves.

**The knee joint:** Problems with the front, including Hoffa's fat pad disease and Osgood-Schlatter disease. Pathology of the medial region, such as damage to the medial meniscus and pain in the medial part of the knee. Problems with the lateral region, including iliotibial tract syndrome and popliteal tendinitis.

**Ankle joint:** Damage to the anterior talofibular ligament; Pain in the lateral surface of the joint.

I will share my experience of using manipulations under ultrasound control, such as glucocorticoid injections, PRP therapy and hydrodissection of peripheral nerves. The presentation will include an analysis of cases and treatment results, images with the position of the ultrasound probe and video of needle positioning during manipulation, emphasizing the importance of an individual approach to each patient to achieve optimal results in restoring and maintaining the health of athletes and ballet dancers.

### Biography

Yuriy received a diploma of a medical doctor in 2010 after graduating from Voronezh Medical University, practiced and worked for 8 years in trauma hospitals in St. Petersburg, Russia. Since 2018, he has been working as a sports orthopedist at the Lesgaft National University of Physical Culture, Sports and Health, St. Petersburg, Russia. A leading specialist and head of the medical department.