

Table 1.2 Common Chronic Inflammatory Conditions

Condition	Description	Signs and symptoms
Apophysitis	Inflammation of a bony projection or outgrowth that serves as a muscle attachment	Pain, tenderness, swelling, increased bony prominence, pain with muscle tension
Bursitis	Inflammation or swelling of a bursa (synovial-filled membrane that lies between adjacent structures to limit friction and ease movement)	Pain, redness, heat, palpable fluid accumulation, crepitus and/or fluid thickening
Capsulitis	Inflammation of a joint capsule	Pain, localized joint inflammation and swelling, decreased range of motion
Myositis	Inflammatory response in a muscle or its surrounding connective tissue; can lead to ossification	Pain, inflammation, tenderness, decreased range of motion; possible calcium deposit
Neuritis	Inflammation or irritation of a nerve or nerve sheath	Local and referred pain, pain with percussion, tenderness, impaired sensation and motor function
Periostitis	Inflammation of the membranous lining of a bone	Pain, palpable swelling or “bumpiness” and tenderness along the bone; pain with attaching muscle action
Tendinitis	Inflammation of a tendon attaching muscle to bone	Pain, swelling, palpable tenderness and crepitus; pain with active and resistive muscle action
Tendinosis	Microscopic tearing and degeneration of tendinous tissue from repetitive trauma	Chronic pain, palpable tenderness, decreased ROM, pain with passive stretch, pain and weakness with active and resistive muscle action
Tenosynovitis	Inflammation of the synovial sheath covering a tendon	Pain with palpation and movement of the tendon within the sheath; swelling or thickening, snowball crepitus, and decreased range of motion

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