DISCOVERING THE “ELEPHANT IN THE ROOM”: THE FORGOTTEN ENTHESES, C.L.B.P. AND MUSCULOSKELETAL PAIN.

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BACKGROUND:

The underlying mechanism of chronic Low Back Pain (CLBP) and/or Musculoskeletal Pain (MSP) is still unclear. Various hypotheses have been advanced over the years about its causes, either alone or in combination. A major component of these hypotheses is related to the enthesis (the interface between tendons, ligaments, nerves or blood vessels and bone). The enthesis is a mechanical stress response and producing the underlying mechanism of CLBP and MSP.

METHODS:

While reading articles on the underlying mechanisms, the observed results of 21 subjects whose female pain history was obtained, their personal pain assessments (0-10), Family, Friends and Nerve endings change over time have been described by M. Benjamin (Cardiff) and McGonagle (Leeds). This follow up was carried over one year and two years, and several other people’s inside entheses were equally important impact.

RESULTS AND MODELING OF NEW POSSIBILITIES:

This work is the formulation of a model whereby a single blade on the disc or the enthesis organ concept, to prevent pain. This model is being tested against the current level, plus multiple stabbing of the disc and enthesis which changes over time and 1 years. This protocol has not been treated over 15 years with similar subjective results, both in functionality and pain.

FIG. 2

Newer injection of the disc

<table>
<thead>
<tr>
<th>RESULTS</th>
<th>FIG. 2</th>
<th>FIG. 3</th>
<th>FIG. 4</th>
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<tr>
<td>Relief</td>
<td>Improved</td>
<td>Degenerated</td>
<td>Improved</td>
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SUMMARY:

The enthesis is a mechanical stress response and producing the underlying mechanism of CLBP and MSP. The enthesis is a mechanical stress response and producing the underlying mechanism of CLBP and MSP.

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9. The author’s clinical experience and experimentation has confirmed this multiple stabbing injections of local anaesthetic and steroid, at the same enthesis area demonstrated subvention of pain. A similar result has also been observed.
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CONCLUSION:

The enthesis is a mechanical stress response and producing the underlying mechanism of CLBP and MSP. The enthesis is a mechanical stress response and producing the underlying mechanism of CLBP and MSP.