

INTRODUCTION:

Soft-tissue rheumatism is typified as pain of non-articular origin. Any type of soft tissue may be involved (Muscles, tendons and their sheaths, tenoperiosteal junctions, aponeuroses, fasciae, Ligaments, bursae, Joint Capsules, and fibro-fatty structures). The causes of soft tissue rheumatism may be difficult or impossible to determine, and this obscurity is likely to persist as biopsy is rarely employed in their diagnosis, and surgery is rarely used in their treatment. The lesions most often occurs as isolated lesions, but sometimes they represent association of systemic diseases (Moll, 1987).

Frozen shoulder is very distressing and disabling, it effectively limits the function of the whole upper limb requiring a changed lifestyle both at home and at work. This disability is compounded by the Misery of sleepless night due to persisting pain (Kay, 1985).

Tennis elbow is a complaint which often affects people during their working years, thereby causing prolonged absence from work (Brattberg, 1983).

Acupuncture- the chinese art of treatment- is now getting popularity in the treatment of painful rheumatic disorders not responding to other methods of treatment

including non-steroidal anti-inflammatory drugs and physical therapy.

AIM OF THE WORK:

The aim of this work is to compare the effect of electro-acupuncture and Ultra-sonic therapy in treating soft tissue rheumatism, frozen shoulder and tennis elbow were the two representative examples considered in our study.