

## **Abstract**

*Background:* Enthesopathies affect entheses, highly specialized connective tissue, connecting tendon to bone. Enthesis and adjacent structures form a functional unit. It is prone to degenerative and inflammatory tissue damage caused by entheses overuse or diffuse inflammatory disease.

*Methods:* First task is to compose a narrative review concerning enthesopathies with emphasis on disease etiology, its phases, and efficacious therapies. Second task is to supplement the narrative study with a case study of a patient suffering chronic elbow enthesopathy, in accordance with the department requirements. This paper takes a form of narrative study.

*Results:* One patient has been treated for lateral epikondyl enthesopathy. Namely FSWT, RPW and eccentric contractions therapy were used. The patient has improved. A narrative review has been completed attempting to offer a more comprehensive perspective on entheses.

*Conclusions:* Not enough up-to-date information about enthesopathies and treatment options is available in Czech publications. There are still some inefficient therapies being currently used, and there is lack of awareness of entheses complexities and various causes of enthesopathies. At the same time new therapeutic approaches are not being used, partially for the lack of high quality RCTs producing convincing results.